A Head Start

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UAP phenomenon disclosure primer

"When we change our thoughts, we literally change our world."
– Manly P. Hall

A UAP nexus that fosters open-minded exploration of the phenomenon. In these pages, we'll forge a path into the nature of reality, non-human intelligence, consciousness, and assess their implications & overlaps. The guide examines factual info from disclosure efforts, demystifies byzantine concepts such as psi/psionics (psychic phenomena), remote viewing and astral projection, consciousness, meditation, breathwork, shadow work (a.k.a. "parts work" – exploring and integrating repressed or unconscious aspects of the self), quantum physics, radiation, and so on, and offers introspective insights.

We've learned a lot about the nature of reality and what it means to be human over the last 100 years. Let's explore it.

This guide is a work in progress made available prior to completion. It is updated regularly.

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DISCLOSURE HEADLINES CONGRESS SPEED DIAL

Link	Description
	7 June 2024 Statement from David Grusch. *Update June 10, 2024 – excellent explainer from energy engineer Dan Warren.*
	5 June 2024 FY 2025 Intelligence Authorization Act (IAA) (S. 4443), as unanimously approved by the U.S. Senate Select Committee on Intelligence (SSCI).
	1 June 2024 Lue Elizondo, Garry Nolan, Christopher Mellon, Karl Nell, Matt Ford, and others announce the UAP Disclosure Fund.
	21 May 2024 Retired Army Colonel Karl Nell tells Wall Street the truth about NHI at the 2024 SALT conference in New York City.
	21 May 2024 Lue Elizondo's book is available for pre-order (Lue's post); release date 20 Aug 2024. *Update June 10, 2024 – Lue warns of fakes.*
	15 May 2024 Statement from Lue Elizondo
	9 May 2024 Article from Marik von Rennenkampff: Top senators believe the US secretly recovered UFOs. Lue Elizondo encourages reading it.

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Disclosure: What We Know

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“I speak from my present level of ignorance. The more you know, the more ignorant you become, because ignorance grows exponentially—the more answers you get, the more new questions arise.” – Itzhak Bentov

Disclosure Already Happened

Gather 'round, curious open-minded people.

We need to talk.

UAP (unidentified anomalous phenomena, a.k.a. UFO) disclosure is here, and 2024 & onward are going to be big years for the phenomenon.

This topic affects everything.

In the smallest nutshell I can manage, this is a Team Humanity primer that seeks to share disclosure-related knowledge that comes from trusted sources like Lue Elizondo, Karl Nell, Sean Cahill, and David Grusch, who tell us that this is a spiritual phenomenon, that our consciousness is non-local, and that, ultimately, disclosure has the potentiality of uniting the world. We're not just going to talk about all of that here - we're also going to prove them to ourselves. This guide contains information and tools you can use to start unlocking your true potential (explorations of meditation, breathwork, shadow work (a.k.a. parts work), psi phenomena, and the human soul). The library provides free academic resources and information on disclosure, consciousness, quantum physics (a.k.a. quantum mechanics), psi phenomena, world religions, mythology, philosophy, and other topics.

There’s still a ton we don’t know, but due to numerous unified efforts, we now have a **lot** of real data, insider interviews *(start with this one [13:54])*, and science. The information herein comes from a narrow set of firsthand and secondhand sources; no conspiracy websites, books, etc. were consulted at any point. I'm providing answers to the best of my ability and striving for the same level of honesty and integrity demonstrated by individuals like Lue Elizondo, David Grusch, and Tim Gallaudet, among many others. I invite being fact checked and I keep a crowdsourced correction log for this guide here.

We don't dive into details too far left or right (sightings, abductions, inaccessibly complex math and science, politics, which companies & people did what, etc.) but we are going to jump into *several* utilitarian rabbit holes, as well as cover some relevant quantum physics concepts. The primary goal of this guide is to equip you with knowledge and resources so you can cut through the noise, gain an understanding of concepts behind UAPs, and confidently navigate this evolving landscape of unexplained phenomena. All this while becoming a stronger and wiser version of yourself. I’ve endeavored throughout the guide

to keep the tone conversational and the content accessible; the occasional personal conjecture is worded as such.

A growing list of the most well-informed ufologists & disclosure folks have all come to the same conclusion. Jacques Vallee, Lue Elizondo, Sean Cahill, David Grusch, Daniel Sheehan, Diana Pasulka, Garry Nolan, Tom Delonge, Leslie Kean, Ross Coulthart, Robert Bigelow, John Mack, John Keel, and Richard Dolan all agree: There's a putative connection among UAP, human consciousness, and spirituality.

There's also a high level of downright *absurdity* involved with many genuine UAP and NHI (non-human intelligence) contacts, such as UAP morphing into helicopters or vice versa. These types of experiences make many folks question how much of the phenomenon might be driven by something akin to highly advanced artificial intelligence (AI). The holographic principle, which we'll cover in a bit, adds to the complexity to this intrigue.

Quantum physics is among the sciences used in understanding the nature of the phenomenon, so we're also going to teach ourselves some basic quantum basics. We'll dive headlong into that at the top of the Foundations section.

Although many details are yet to come, the most important message from the disclosure team is already out - the existential core upon which 'A Head Start' was founded.

The Landscape

Disclosure has been both exciting and frustrating for all of us, not to mention how it's impacted the lives of people like David Grusch, Lue Elizondo, Garry Nolan, and Tom DeLonge (to name less than 1% of them). This has been *beyond trying* for all of them. The sheer amount of collective effort they've all put into 'full phenomenon disclosure' would make anyone's head spin; the public is aware of perhaps 10-20% of the full breadth and depth of their tireless efforts.

People in online communities are still regularly arguing with or trolling one another over who's telling the truth, whether UAP and NHI videos and stories are real or fake, or making reaching assessments like "Don't trust X because they have money." I see a lot of frustration. The skepticism and the hesitancy are understandable – we get bits and pieces of information, some of which gets confirmed by multiple individuals, but still with no proof. They talk about UAP, the human soul, and consciousness as related concepts; meanwhile, many online forums are still bursting with nuts-and-bolts-only theories and distracting themselves with 'sighting' videos and the like.

UAP discourse gets thrown sideways and backwards daily by bad actors in every sizeable community that discusses the phenomenon. These disinformation agents persistently spread falsehoods and misconceptions, muddying the waters of genuine investigation and public understanding. Some of them even get paid for it.

In some respects, the process of disclosure feels like it's been crawling on its hands and knees looking for its glasses while disinformation runs rampant and wild - but it's not that simple. There's no main stage here. There's not even a real spotlight. Not one. There's a bunch of pro-disclosure folks busting their asses, clearing minor things up with posts on places like Twitter, and doing off-the-cuff interviews with only a handful of planned questions; the rest is "it is what it is and people have questions.' I agree. To find these interviews, we always have to go out and find them ourselves because of a contagious refusal to cover it on any nightly news (these sources cover UAP: The Debrief (where whistleblowers tend to publish), Sentinel News, Liberation Times, NewsNation, and The Hill; for non-UAP national security, Defense Scoop, Defense One, and Military Times).

Controlled vs. Catastrophic

The congressional disclosure group tried to push for disclosure through appropriate channels, via legislation, via "controlled disclosure." The legislation had overwhelming bipartisan support (over 90%, with the Senate having already voted for it, 91-7). Despite this, it was gutted in the House and is now toothless. No committee, no subpoena power, no classified document reviews or publications.

Attempts to work with Congress so far and through April 2024 have, for various reasons, not panned out. Numerous individuals have made it clear that that's not going to stop controlled disclosure of the phenomenon - that, instead, we simply moved to Plan B. There are more than two dozen whistleblowers in the US like David Grusch and Ryan Graves whose stories are not yet public, but they will be soon enough.

There's a UAP Caucus of dedicated congressional members who continue to push for disclosure; on May 30, 2024, they introduced the UAP Disclosure Act FY 25. This legislation includes the Safe Airspace for Americans Act, which will require the FAA to accept UAP reports and protect pilots from retribution for reporting. Here's an exceptional summary from well-known UAP investigator D. Dean Johnson (and retweeted by Ryan Graves and Americans for Safe Aerospace).

At this stage in disclosure, it's safe to say that the genie is out of the bottle and the horse has bolted. The only way to go from here is *forward*. This is not a false start – this is it.

In November 2023, retired U.S. Army Colonel Karl Nell presented a proposal aimed at the prevention of what he termed "catastrophic disclosure" – the unplanned and potentially chaotic release of UAP revelations, resulting from the actions of "U.S. foreign adversaries", which is a vague description given the full context of disclosure. The entire presentation is publicly available here [31:53].

Throughout the guide, I use the term "disclosure folks" and "disclosure team" ambiguously and loosely. Current disclosure efforts include a large group of individuals, all of whom work together or work toward similar goals, which now also includes a Congressional UAP Caucus, who believe very strongly that it's past time to end the secrecy around the phenomenon. So, when I use "disclosure team/folks" terminology, I'm talking about Patriots in general. I've excluded Congressional folks from the "patriots" list to remain as nonpartisan as possible, but I consider the UAP Caucus to be patriots, too.

Warning

While I'm only scratching the surface here, I'm unabashedly and unapologetically covering some **very** heavy topics. Disclosure is not quite what most people think it is. It's much, much more than that.

An open mind is required beyond this point; "Accept widely but hold lightly", as John Ramirez said. Pause and consider the possibility rather than rejecting what seems impossible outright. This topic has proven more people right and more people wrong than any other topic in history (okay, probably fewer than math, but you know what I mean). It's been a lot of years since then, however, and we've achieved remarkable strides in our understanding of the phenomenon, and what it means to human evolution and to our history.

"A mind is like a parachute. It doesn't work if it is not open." - Frank Zappa

We're going to talk openly about religions at various points, and to be clear up front, while I do believe in God (Source), I'm not religious. I've attained insight from several religious texts, and from ancient and occulted texts, but I approach spirituality as a personal matter.

Regardless of one's intellectual prowess, this guide showcases an intricate web of thousands of facts; everyone reading this will acquire novel knowledge. That said, however - ontological shock starts below.

It Affects Everything

There's much to navigate on this uncharted course. As we embark, hold this truth close: **If a revelation feels disturbing or even terrifying, then it's not the ultimate truth** - there's a deeper understanding to be discovered. As the inherent complexity of this topic unfolds, you're going to feel fear start to creep up at various points. It's a natural response to the unknown, especially when the foundation of knowledge [about UAP] with which you're approaching it is limited. Let the fear play out; don't push it away. Instead, make the choice that you're not going to participate in fear. There's a deeper understanding to be learned and we're taking this one step at a time, building on those new foundations further as we go.

A question I often overhear when it comes to the phenomenon: "Don't we have bigger problems? War, homelessness, climate change, etc.?"

No, we do not have bigger problems.

Certain malevolent non-human intelligence (NHI) are the primary cause of nearly all our collective problems across the globe. You've been hearing often-misattributed stories about malevolent NHI your entire life – they're especially those that coincide with "trickster" (or "deceiver") elements. They've been referred to as demons, asuras, poltergeists, certain gods (little g), ghosts, archons, and shadow people, to name just a few. All real, all 'aliens', a.k.a. NHI, and they may represent fewer 'groups' than we think. There are benevolent beings as well, but we're a warlike civilization with a conflict-oriented expansionist culture; the full breadth of the truth is rarely simple.

I need to be clear up front that I do not intend to frame any of these as religious experiences. We must acknowledge, however, that there is a fundamental 'origin of religions' component here and that the phenomenon crosses all religious boundaries. This instantly raises hundreds of interesting questions. We can pair these questions with the facts we know and explore them intelligently.

This far-reaching inquiry is a journey that challenges our preconceptions and compels us to confront uncertainty. By delving into these questions, we enter onto a path that is both intellectual and deeply personal. As we navigate the terrain, we'll come to realize again and again that true understanding often comes from the patient unraveling of our deepest fears and misconceptions.

It takes a long time to transmute uncertainty, disharmony, and fear into wisdom, unity, and love, but that's exactly what we're going to do.

The Guide Starts Here

For millennia, humanity has looked to the stars and wondered if we were alone. Now, that question is answered. Disclosure has ripped back the cosmic curtain, revealing not just non-human intelligence, but a hidden history interwoven with myth and legend. This newfound knowledge is both exhilarating and unsettling, but within that uncertainty lies a spark – the potential for a future that outshines anything we could have ever imagined.

David Grusch testified before Congress on July 26, 2023, and alleged, among other things, a multi-decade UAP crash retrieval and reverse-engineering program run by the U.S. government. He further alleged that we've retrieved both Unidentified Anomalous Phenomena (UAP) and "non-human biologics", a term that was never defined, but left open to interpretation.

During the hearing, Rep. Anna Paulina Luna asked Grusch:

- "Why is it that you refer to the phenomenon as "non-human intelligence"? Why deviate from the basis of extraterrestrial life?"
- Grusch replied, "I think the phenomenon is very complex, and I like to leave an open mind analytically for specific origin."
- Luna: "When you say, 'specific origin', can you elaborate on that for those that might not [understand/follow]?"
- "If it's a traditional extraterrestrial origin or something else that we don't quite understand from a biological or astrophysics perspective, just keep an open mind of what it could be."
    - Apart from just extraterrestrial, possibilities include, but are not limited to, **cryptoterrestrial** (a species that has coexisted with humans on Earth for millennia but remains largely undetected; e.g. remnants of ancient civilizations or an advanced species that evolved alongside humans but chose to remain hidden to avoid conflict or detection), **ultraterrestrial** (entities from a different dimension or higher plane of existence based on the idea that multiple dimensions or realms coexist with our own), and **advanced AI** (artificial intelligence that has reached or surpassed human-level intelligence and has become self-aware and capable of fully independent thoughts and actions).
    - Since we now know through ongoing UAP disclosure efforts that there are numerous identified species, the definition of "non-human intelligence" within this context could potentially be "All of the above." Within this context, AI undoubtedly qualifies as a form of non-human intelligence. In my view, AI plays a significant role in the UAP phenomenon and, particularly, to NHI themselves.

A month or so after the July 2023 UAP hearing, David Grusch mentioned in an interview that he grew up in a Christian family, but sometime after studying physics in college he became more agnostic - not really believing in the "woo" that the church espouses. After completing his investigation, he now says he's "sorta come full circle, in some sense." In

November of 2023, he made remarks at the Sol Symposium in which he touched on spiritual awakening *[excerpt]* and “a more enlightened and interconnected world.” Lue Elizondo's remarks have been consistent with this idea as well, and he’s discussed “Qi” and the human soul in response to a question about human consciousness, saying that one would "measure that in the value of love, and expression, and art, right? Things that are intangible but are expressions of the human spirit. Random acts of kindness, right? People who give more than they take. I don't want to get too esoteric on you, but I think that human consciousness is something that we don't really understand very well. I think it is potentially something that is beyond the carbon unit that we call the human being."

These are HUGE flashing red signs. Consider the landscape of what they just said. Given all these points, more exists than this material reality - *much more* - but it's classified. Why?

Okay, we caught that, but let's pause to consider some of the implications. Lue talked about the human soul. He also talked about the day he found out that demons, once relegated to stories whispered around campfires, were among the NHI species here on Earth. As much as we perhaps wish that he was, Lue wasn't making a joke. He was stating a fact. I’ve never heard Lue make any jokes or jabs at people in an interview. The man. Is. Serious. Lue expands on ‘demons’ here – they're not supernatural, they're just beings whose nature is, at present, beyond conventional human understanding.

The unknown can be frightening, but in the context of disclosure, any truth that is uncomfortable or terrifying is *not* the ultimate truth. Fear comes from a lack of understanding; it tells you that there’s more to learn. Things are not always as they appear.

By acknowledging demons' existence and sharing a realization that that isn’t even the tip of the proverbial iceberg – that there is indeed *good* out there as well – we throw open the door to not only a greater understanding, but to worldwide unity. You and I are paving the way to a Golden Age *right now*. There’s already a global effort underway and you are an integral part of it. This global effort isn't new; it's coming into the light – by all appearances, humanity shifted into high gear circa 2013 when mindfulness entered the mainstream in force, Eckhart Tolle’s 1997 book “The Power of Now” saw a surge in popularity, and with advances in science and philosophy, mindfulness became even further integrated into corporate and healthcare culture.

What does mindfulness have to do with any of this? *Everything.*

“If we were to ask the brain how it would like to be treated, whether shaken at a random, irregular rate, or in a rhythmic, harmonious fashion, we can be sure that the brain, or for that matter the whole body, would prefer the latter.” – Itzhak Bentov

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This year, in 2024, the pace cars of disclosure pressed the nitro button. Though the timeline remains unclear, they've told us that there are science reveals coming, and tech already exists that presents as though it's magic. A whole new world is preparing to unfurl before you – a vast canvas waiting for your eventual masterpiece. (Golden Age, remember?)

On at least two occasions, disclosure folks have directly led us to question whether the Greek gods ever 'left'. The existence of a Creator, and/or a chain of creators, is also real. We've been genetically modified as a species by NHI more than 65 times and we're considered a hybrid species. Who's been messing with our evolution, and what are their goals?

The notion of demons (and therefore, angels) in the context of the phenomenon is obviously complicated. The first questions are inevitable: What, and where, is the nature and home of these beings? Are they biological? What about other religions?

The waters get murky quickly here - some gods and entities are made up - but we do know, for example, that asparas (from Hinduism) are real - in modern context, you'd have heard of them referred to as Arcturians. Though we don't know much yet, we'll talk about these various beings a bit more as we walk through the guide.

It's becoming increasingly clear that all religious texts, whether considered divinely-inspired or otherwise, contain vast amounts of wisdom and truth – often the same or similar truths. But there's a trend, nuanced or otherwise, of stopping short of the full truth to varying degrees. Why is no religion compatible with the next? Was this a human-created incompatibility (politics, foundational translation issues, etc.), or was it by design? Are they meant to be progressive teachings like pieces of a grand cosmological puzzle? Which of the teachings, if any, might be intended to divide us?

We've learned that most NHI are ultraterrestrial (extra dimensional, a.k.a. "interdimensional"). There are cryptoterrestrial beings – on Earth but hidden – as well. The concept of extra dimensions has quite a spread of euphemisms whose definitions partially overlap, such as parallel universes, higher dimensions, alternate realities, bulk dimensions, branes, and bubble universes. These are layers of reality overlapping ours – entire realms on their own. This means that many NHI are already here, and have been for thousands of years, but are usually 'phased out' of our reality's frequency; our human eyes can't perceive them unless they 'phase in'. I'm not a physicist and I'm unfamiliar with the details of traversing extra dimensions, so for now I'll include science papers from reputable sources. They're not brand new or necessarily more than theories, but they are academic science papers and once-classified intel briefing documents related to the phenomenon.

What is the nature of these unseen beings? Where *exactly* are they? Underground? Invisible? Living in remote areas? Are they among us, living as humans? All of the above? Are they physical beings, or are they formless?

The truth isn't just hidden; it's locked away under layers of NDAs, or non-disclosure agreements, and potentially also by other means we don't even know about. And those who hold these secrets, for reasons as obscure as the truth itself, will stop at nothing to silence anyone they perceive as a risk or a "problem" – people have been intimidated, threatened, injured, and even murdered.

This secrecy has bred a culture of fear and paranoia. Since this powerful group is so desperate to keep both the existence and the details of NHI hidden, what does that say about the potential dangers involved? Are they protecting humanity, or something else entirely?

During an interview in March 2022 with Curt Jaimungal on Theories of Everything, Lue Elizondo provided an example to help illustrate the potential viewpoint of the “old guard” of UAP secrecy from a national security perspective. We’ll dig into some of the reasons for this secrecy a bit more in the Foundations ‘History’ subsection.

Alright. Onward.

Let's talk about Tom DeLonge for a minute. He undeservedly catches a lot of flak over his claims. People all-too-casually dismiss his lifelong NHI experiences, his extensive phenomenon research, his military family, his coworkers at To The Stars (Lue Elizondo, Christopher Mellon, Hal Puthoff, Jim Semivan, et al), and his intelligence.

Anytime there’s a big story – aliens, for example – the disinformation campaigns spin up and get going before the earliest-bird investigative journalist has their shoes on. There bad actors are on social media 24/7 spreading falsehoods and discord, and internet trolls jump on board, rather in a hurry. This activity impacts all social networks.

- Tom has the wildest claims because he's not under an NDA for a lot of the specifics he already knows are true; it’s how he got taken seriously by people like Lue and tapped for this whole thing in the first place. That kind of free awareness is useful for disclosure, but unfortunately that meant it was also useful for trolls and so on, too.
- 22 questions [2:47] with Lue (Sep 18, 2018)
- He had to write his Sekret Machines books as fiction because he was working alongside ~7 or 8 advisors in the mid-2010s who have top secret clearance (and/or have unacknowledged clearances). By around 2018 or so, Lue Elizondo, Christopher Mellon, Hal Puthoff, and Jim Semivan were working at TTS with Tom. They are the ones who know all of this. Further, this same disclosure team said, "If you want to know what's really going on with UFOs, read the books." Many of us did. What we all saw was that everything fits together - the books and all the disclosure interviews that have been telling us for years now that the world is far stranger than most of us have ever realized. Stacking these facts up against religious texts, ancient writings, and quantum physics is eye-opening.
- Last defense, then I'll shut up about it: If Tom is lying, why am I still seeing photos of him and Elizondo with people like Chris Bledsoe every so often? This pic from August 14, 2018 - **after** Tom's first four books were finished being written. And this photo of Lue out in public in a Blink-182 t-shirt that he shared on September 23, 2023 on Twitter?

Lue Elizondo and Christopher Mellon left To The Stars in 2020 because they ran out of things to do; that's what they told us. Once they had all the pieces together for the books

and other TTS projects, Lue and Chris went off to work on other parts of the disclosure initiative.

Tom, Chris, and Lue are integral parts of the solution, as are many others, the crux of which is, in effect, "To get folks to understand the truth of the phenomenon without people laughing about it." So, let's take them seriously and dive back in –

Lue and Tom have both discussed the notion that love is paramount; Avi Loeb touched on the same at the November 2023 Sol Symposium. Lue and Tom have told us that our intentions matter; *that this is a spiritual phenomenon*. Lue said, "Love your kids." Retired U.S. Navy Chief Master-at-Arms Sean Cahill, whom I greatly respect, passed on advice to check your foundations – to love those close to you so that that positivity can radiate outward. When asked by Curt Jaimungal about a topic he'd study closely given the chance, Lue said "Philosophy" (pause on that and remember it down the road). Tom has talked about love and meditation several times, and he's talked about God / Source. Garry Nolan had multiple NHI experiences, including telepathy with him as the receiver.

On February 20, 2024, Jim Semivan and Tom DeLonge released an interview they recorded around the end of November 2023 where they talked at length about the intersections of spirituality and science, and Jim's and Tom's message to people by the end of that interview is the same advice offered in this guide months prior: **Meditate.** As we go, we'll weave in key concepts, building a tapestry that reveals the significance of this topic. As I mentioned previously, Eckhart Tolle's book "The Power of Now" is a great primer for mindfulness. For a primer on inner freedom and self-awareness, consider Michael Singer's "The Untethered Soul." We'll discuss these topics at length later in this guide, in the Consciousness sections.

Curt once asked Lue, "If the world knew what you know, how would the public react?" Here's Lue's response:

> **Lue:** "Somber. *[Meaning 'sobering' and 'serious', not like the way Hollywood portrays people partying in the streets and silliness like that]*. I think there would be this big exhale for about a day. And then this turning inward and trying to reflect on what this means to us and our species and ourselves. I think you would have perhaps some people turning toward religion more so; I think you'll have people turning away from religion. At that point the theological and philosophical questions will be raised, and people will have some serious soul-searching to do, no pun intended. And I don't think that's bad, by the way. I think that a lot of folks who spent their time in this community being charlatans will have been exposed and they will probably be unemployed and will have to change their names because the rest of society will look at them in an unfavorable light. I think there are some unsung heroes who will probably come to light *[new names]*, and the world will appreciate their contributions to this topic. I think the scientific and academic community will have to take a real hard look at itself and see why it repeated the same mistakes it did when Galileo first proposed that the Earth was not the center of the solar system; hubris is a big part of that. And then I think, you know, maybe we start the international conversation, say, "Okay, we realize that there's some things out there that are probably well beyond our petty discrepancies we have with each other; maybe we really need to start working together on this – realize that we are really a global family. It doesn't matter where you're from, it doesn't matter what your religion is, or

your culture, or your color, or anything else. We are all brothers and sisters on this tiny little rock called Earth – this pale blue dot that's hurtling through space."

Curt: "It may unify us?"

Lue: "Well, I would certainly hope so, unless we allow our core nature to interfere, and we look at this as opportunities to subjugate each other. I would hope that's not the case."

Curt: "Any advice for people like me who are investigating this topic?"

Lue: "Keep pushing, keep asking the questions, and be fearless. That is the true scientific pioneering spirit: the ability to challenge the status quo and be able to do so in a courageous way and in a well-meaning way. The true enemy of science Is stagnation – is of acceptance of the norms because real science changes. Our understanding changes because we're human, and humans change. So, you know, we need to continue to pursue the truth, wherever that may be, we need to pursue it."

It's time we all became more like Lue Elizondo. It's time we all became more like David Grusch. It's time to get serious. These bad actors are very busy lately and they're just getting started. You must understand that some of these bad actors are malevolent NHI with a keyboard, and they're keenly aware of current disclosure efforts.

So, what's at stake here? We now know through disclosure efforts that God/gods are real but that's classified, that we have a soul but that's classified, and we know that NHI are interested in our souls (and often refer to us as "vessels" or "containers"), and we know a lot of them have psi abilities such as telepathy, and we remember when the Christian Bible and the Hindu Puranas talked about angels & demons and devas & asuras being interested in human souls (that which we're "containers" of)...remember those "goals" we questioned earlier?.....*snap*

All the gods and entities we've written about were some form of NHI (whether they're biological, AI, or something else entirely), save a few mythological blunders. Some of our ancient texts serve as our earliest "close encounters" reports. Sure, some are completely made up - but the majority weren't. For many of these NHI, their names changed over time, from civilization to civilization. Those are your benevolent and malevolent NHI, hiding in plain sight. All those ancient civilizations who put all that work into carving their history into rock and woodfired clay and carving literal aliens and flying saucers onto cave walls so they would withstand the test of time...were not their fairy tales. That was history and it was NHI. The 'gods' are real, the entities and spirits are real, and they're all our NHI - our disclosure. And that's just a small part of it; there's so much to cover in this realm that one could safely say that we need to cover *everything* - the entirety of our accepted reality has come into question. Do you remember reading about this in any history books? Me neither: Here's Lue Elizondo and Ross Coulthart referring to an ancient alien spacecraft (apologies for the quality and the music; video not mine).

Cutting-edge science has been discovering, study by study and revelation by revelation over the last several decades, that all of society and 'reality' as we know it is a carefully orchestrated fiction.

Earlier, I said, “It affects everything.”

All these theories (and more) have turned out to be true:

- Multidimensional theory (quantum physics). ✔
- A control system is in place and we're "in the matrix" of some sort. ✔
  - *Theories include dream, simulation, prison planet, garden, and womb or chrysalis; they’re not necessarily mutually exclusive.*
- A Creator and/or creators, implying a Source / Absolute / Infinite. ✔
- Our consciousness/soul is linked to an ineffable universal/source consciousness. ✔
- Consciousness is fundamental to all that exists and creates matter itself. ✔
- There is a Galactic Federation of altruistic NHI, and we are in contact with them. ✔

We'll expand on these concepts throughout the guide, but for the sake of gaining a comprehensive perspective, we'll gradually progress while establishing some essential foundations.

The Shout

"The search for truth is life; the realization of truth is illumination; the practice of truth is virtue." - Manly P. Hall

Offering a potential key to understanding the situation, Lue Elizondo said this:

> “Imagine everything you’ve been taught, whether it’s through Sunday school, or regular formal education in school, or what our political leaders have told us, and yes even maybe what our mothers and fathers around the dinner table have told us, or maybe at bedtime – about who we are. And our background, and our past. What if all of that turned out to be ‘not entirely accurate’? In fact, the very history of our species – the meaning of what it means to be a human being, and our place in the universe – what if all that is now in question?”

During an interview with Curt Jaimungal, discussing in part the way our society behaves today, Lue expressed a lack of optimism about our species. You and I can change that.

Forgive me for the dip in tone, but I need folks to understand what is happening. Please think about this, hard:

People are awful to one another, often as the standard, especially if you're "different" than they are, especially if you're a Democrat and I'm a Republican or vice versa. Especially if anyone dares to have an opinion on <basically anything>.

What the f*ck happened to us?

One word: Deception.

Much of this deception comes from the upper echelons of our mainstream news companies; it comes from the ill-intentioned, greedy, and deceitful among our rational and well-meaning scientists and philosophers, among our politicians (both known and hidden), and among our largely compassionate spiritual and religious leaders. These jokers in the pack have spread disunity and confusion. They have made good people miserable. They have sown no wheat, told no truths, helped no man, woman, or child. They have done the opposite.

Phenomenon disclosure is not humanity revolting against super wealthy gatekeepers - it's more than that. Phenomenon disclosure is *humanity rising* past certain malevolent NHI (and their witting & unwitting human helpers) who've been manipulating, controlling, and deceiving us for *at least* thousands of years.

They feed us fear and division daily on a global scale; they shovel it at us like relentless machines, tirelessly spreading falsehoods, half-truths, and discord. They feed us sugar and poison - and we keep going back for seconds and thirds.

Most people have been taught - programmed, by design - all their lives to be stubborn and steadfast in their beliefs. Most of those same people are wrong about the nature of reality. This number is decreasing, but not fast enough; keep reading and you'll help decrease this number further.

Today, we find ourselves threatened with climate change, World War III, AI, human trafficking, and now demons, asuras, jinn, and the like. Not to mention COVID, economic inequality, racism, political polarization, intolerant orthodoxies, holy wars, homelessness, ethnic cleansing, and starvation.

They're all caused by the same things.

What you're seeing with disclosure is an "unofficial effort" because it's not sanctioned by certain NHI and human opportunists who oversee and control many of our institutions. We're pushing back as we must, the start date of which is already in the past.

We're in it. Now.

And we need to unite to triumph.

Ends

Jun 23, 2024

Focus

While this guide contains many disclosure-related facts and resources, that is not the primary focus. Instead, it's meant to act as a *consciousness* and *nature of reality* springboard for people to prepare themselves for a new normal. We've learned through disclosure that NHI exist, that many of them are spiritual, and that they have psi abilities such as telepathy. They're highly evolved and highly intelligent. It follows logically that we should thus prioritize navigating this complex information and developing skills that harness and hone our own consciousness – knowledge, meditation, mindfulness, breathwork, shadow work (also referred to as "parts work"). I can see plain as daylight that many of you are well on your way already. Y'all put a smile on my face.

Once we're past these current, globally affecting growing pains, there's an opportunity for a golden age in human existence. Spirituality and consciousness will be at the center of it.

"It's a paradigm shift that holds the power to reshape our world. By embracing the unknown, we open ourselves to a future where truth, unity, technological advancements, and a deeper understanding of our existence converge. Let us advocate for transparency not for ourselves but for the generations to come as we embark on a journey toward a more enlightened and interconnected world." – David Grusch. (November 18, 2023). Sol Symposium.

The Message

I realize how my writing style comes across here and there; I can get heavy-handed. That's ADHD with its red S hanging out with ego and frustrations with the world, the latter two of which I'm consciously working on. I'll never be perfect, but this guide, if you read it for what it is, offers practical strategies for unlocking your full potential. It teaches you *how to teach yourself* to become the best possible version of you.

I've been asked numerous times, "Why are you doing this?" I've since updated the prior section, which sums up the short version: This is the most critical of all topics, it affects *everything*, and I was concerned that not enough people were paying attention. I had a baseline of largely spiritual-related knowledge that I never connected to the larger UAP topic until the 2020s. When I realized there was an overlap – an encompassing one, at that – things started clicking. I dug out some old notes and started taking new ones.

When I first started this guide, it was in the form of posts to various social platforms. The posts were met with much spirited discussion (and trolls...trolls everywhere). I was called a lot of names and four-letter words by some, and I was thanked and defended by others. At various points I've been unironically accused of being Lue Elizondo, Tom DeLonge, Billy Carson, and Sean Webb, so to preempt the joke, I'm not Iron Man, either, but what if I told you we were putting a team together? (independently, in your own homes)

While it was Tony Stark who can be credited with the notion of assembling a 'team' [during the post-credits scene of The Incredible Hulk (2008)], the sentiment behind my reference actually aligns more with Dr. Martin Luther King Jr.'s message: "We must learn to live together as brothers or perish together as fools."

You have untapped psi abilities. All of you. If you're still skeptical (I was at first, too, and this was even after I had multiple NHI experiences), give this guide a chance. There's no magic involved, no spell books; you can do it with no tools, or even as naked as the day you were born. There's no religion and no cult – it's just you, me, and this guide exploring sovereignty, morality, and human nature. Your consciousness is the tool. In fact, it's a multi-tool - a UTV (utility vehicle) with meditation as the ignition key.

You are all Jedi Knights *already*, and this guide can prove it if you keep an open mind. Unseen changes that are occurring *now* are making this easier to attain and hone, so if you tried and failed previously, this is an opportunity to step up to the plate again, my friend. These psi abilities are buried under the onion of deception going back thousands of years; they're under your darkness and all the shit you've been through in your life. This guide helps you work through that, too.

This onion is baked right into your body, into your DNA. It takes time and practice to 'click out' of this illusion. You'll be able to peel back the layers on your own time and schedule, and this community will be here to have your back or cheer you up if you have a bad day.

Humanity needs individuals akin to Jedi Knights: discerning, wise, ethical, disciplined, and strong – able to walk among countless species, unperturbed and without seeking conflict. These non-human intelligences are simply different types of conscious, sentient beings, regardless of their appearance. Embracing an attitude of cautious respectfulness would be a wise approach.

Based on claims we've been hearing from people (4+, including John Ramirez and Lue Elizondo), the year NHI are "showing up" or "it'll all be out" is sometime in 2027. Haim Eshed, retired Israeli General and former head of Israel's Defense Ministry's space directorate, has stated with no lack of certainty that open contact with NHI will occur in his lifetime. Take 2, add the 2...still a maybe, but we're well past "feasible." Russell Crowe thinks we're past feasible, too. Further, I think it would be wise to keep an eye on developments in "superintelligent AI." In his closing remarks at the March 2024 Beneficial AGI Summit in Panama, Ben Goertzel said it could arrive "as early as 2027." There's a lot converging here.

That said, this could still be us in 2028, so stay grounded. 'Accept widely but hold lightly.' We've seen a lot of predictions come and go related to NHI. 2027 is the first one I've ever remotely entertained, thus its inclusion here. Regardless of any negativity surrounding this news, we shouldn't let it instill fear. If the events of 2027 come to pass, they'll represent a significant step forward for humanity – a development we should embrace rather than fear.

When the day comes and they "show up", would you prefer to be among those gripped by fear and panic, or among those who remain a calm and supportive presence – a beacon of leadership in times of uncertainty?

> "I've often used this analogy of standing on a sandy beach looking at the horizon and in doing so, one wonders – What's it like over the horizon? And although as an individual these paradigm moments don't happen all the time. As a species, they do, and we've seen it time and time again, whether it's the first time we crawled out of the cave and looked at the sun or we invented fire and we harnessed it, or we stood on the sandy beach and looked at the horizon, and someone had the courage to say, "I'm going to sail over that horizon," despite everybody saying, "No, you're going to fall off the Earth and it's flat and there's sea monsters out there," and lo and behold, someone took a chance – and here we are as a species.
>
> "We did it, and turns out there are sea monsters, there are things called great white sharks and blue whales and great squid in the Pacific, but they're not really monsters – they're just part of nature, they're just part of our reality, our current paradigm. They're normal, and so perhaps this topic is yet just another horizon that we're looking at, and we're on the precipice of sailing over the horizon for the first time.
>
> "I think it's in our genetics to continue to search and strive to look for answers.
>
> "What we find over the horizon may be a reflection of us. Maybe we're not so unique after all. Maybe we're part of a much more beautiful cosmic neighborhood where life is abundant, and then we have to redefine what it means to be human, because maybe being human isn't quite so unique, after all.
>
> "Maybe what makes us unique is something inside us, not outside, and so maybe we have to redefine what it means to be human."
>
> – Lue Elizondo

Once you reach the point of recognizing the truth of these aspects of disclosure and how consciousness relates to both the phenomenon and the nature of reality, it becomes strikingly evident that meditation and mindfulness hold immeasurable significance in our daily lives. You can cultivate and refine latent psi abilities at home, at your own pace, and prove to yourself that it's real. That understanding alone underscores the significance of being discerning when delving into philosophy, occult, and religious texts, and further emphasizes their inherent importance. It should motivate us to improve ourselves.

"Your current actions are messages to your future self." – Curt Jaimungal

Together, we can use the knowledge we've already gleaned from disclosure and create a metaphorical force around the globe of sharp intellects, expanded consciousness and awareness, and unwavering ethics and compassion. They, a spiritual phenomenon – a higher intelligence – have already been showing up more frequently in recent years, and there's a growing general acceptance in the academic UAP community that the phenomenon is directly related to human consciousness.

Here, Shaolin Master Shi Heng Yi sums up the broader message succinctly. This isn't about religion or Buddhism – it's a universal message for all of us.

Consider this an invitation to embrace the moment and embark on your own journey.

"Seize the time. Live now. Make now always the most precious time. Now will never come again." – Jean-Luc Picard, Star Trek: The Next Generation.

Drink **water**, get plenty of sleep, stay united with people but look inward, and get lots of sun and exercise. Put your bare feet on the ground; take advantage of that energy transfer.

We shall not cease from exploration

And the end of all our exploring

Will be to arrive where we started

And know the place for the first time.

– T.S. Eliot. (1943). "Little Gidding", Four Quartets.

Foundations, Historical Background, and New Insights

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Foundations

This first section is the quantum-heavy one, so without gilding the lily, let's get right to it.

1. Consciousness is not created by our brains. Your consciousness is, in effect, your soul; it's the thing that observes your thoughts *("Wtf, why did that thought just pop into my head?" – is you – it's your awareness, your consciousness. You are not the autopilot thoughts that appear "on their own" like when Ray thought of the Stay Puft Marshmallow Man in Ghostbusters)*. When you meditate, it is the You, the consciousness, the soul – the observer of your life – that attempts to gently quiet our always-racing mind. Meditation connects you more fully to both yourself and to a universal consciousness, and you can prove this to yourself experientially. There's no magic, no rituals, no occult books required for meditation or psi practice - it's an innate human ability that's been suppressed for thousands of years. Your consciousness is a multi-tool that you can train yourself to use; I just show you how to *teach yourself*. Each person's consciousness is non-local; that is, it exists both inside and outside of your physical body. All consciousnesses of all humans, regardless of nationality or skin color, are interconnected. We'll explore all these concepts throughout the guide.
    - Dr. Zakaria Neemeh, a philosopher from the University of Memphis, said, "Think about it this way – when I feel happiness, my brain will create a distinctive pattern of complex neural activity. This neural pattern will perfectly correlate with my conscious feeling of happiness, but it is not my actual feeling. It is just a neural pattern that represents my happiness. That's why a scientist looking at my brain and seeing this pattern should ask me what I feel, because the pattern is not the feeling itself, just a representation of it. As a result, we can't reduce the conscious experience of what we sense, feel and think to any brain activity. We can just find correlations to these experiences."
    - Our consciousness isn't restricted to our physical location or even by "time." We can perceive or connect with things beyond the reach of our senses, even across vast distances. This includes (but is not limited to) phenomena like precognition and remote viewing. Top secret U.S. legacy programs have scientifically proven that these things are real decades ago by using them successfully in e.g. espionage, repeatedly. Some of those programs are presented throughout the guide. Later on, there's info on how to use tools you already have at your disposal to prove to yourself it's non-local, experientially.
2. The universe has infinitely more details and twists the more we look. As part of disclosure efforts, numerous quantum physics concepts have come into the

spotlight as being relevant (12-minute animated primer here). Let's zoom in on two terms David Grusch used during the UAP Congressional hearing on July 26, 2023:

- Multidimensionality: We perceive the world in three dimensions (length (1st dimension), width (2nd), and height (3rd)). So, instead of living as beings on something akin to a piece of paper as 2nd dimensional beings with just length and width (and no real concept of "height" since it's all flat), we exist in the 3rd dimension – our bodies and the world around us are inherently three-dimensional. Our senses and brains have evolved to allow us to perceive and interact with this 3D world effectively. Somehow, higher dimensional beings and UAP can traverse something that's beyond length, height, and width – a fourth dimension ("time" is the most common 4th dimension I've seen, but this is unproven). It's been theorized that it could be a spatial dimension or a time dimension; in either case, it explains why some NHI and UAP are able to pass through walls. They can either slip through time, or they can slip through 3-dimensional space using a fourth dimension that they're able to naturally access. Theoretical physicist Michio Kaku and astrophysicist & cosmologist Carl Sagan explain these concepts visually here [11:37].
- The Holographic Principle: This principle suggests a deeper connection between the familiar 3D space we experience and a potentially higher-dimensional reality (from the prior bullet). In the holographic principle, all the information that makes up our familiar 3D space is encoded on a vast, two-dimensional boundary at the edge of the universe, and thus also at the edge of the gravitational boundary of any cosmic body (e.g. the gravitational "edge" of a planet, a star, or even a black hole in which case information would be stored at the event horizon). Our entire 3D reality could be a holographic projection of information stored on this lower-dimensional surface. In essence, it proposes a connection between gravity and information. The stronger the gravity in a region, the more information might be encoded on the holographic boundary – *a higher density* – which could also offer insights into the nature of gravity itself. In the holographic principle, density refers to information density rather than physical density; our understanding of "gravity", then, has also come into question. A common example is to think of a holographic projector. It uses a two-dimensional pattern to create a three-dimensional image. Similarly, the holographic principle proposes that the universe we perceive in 3D is a projection of information encoded on a lower-dimensional "screen." Here's [18:07] a PBS Space Time video for basics of the holographic principle.
    - Astronaut Edgar Mitchell explains it here [1:02:54] and discusses related existential and consciousness concepts (who we are; remote viewing).
    - A UAP that can traverse dimensions might be able to manipulate or access the *information* on the 2D holographic boundary, potentially allowing them to move or influence our 3D reality in ways we can't yet comprehend.

3. Reality isn't locally real. This means that objects are not limited by local interactions alone and can be instantaneously connected regardless of distance – experiments have shown that local realism (the idea that objects have definite states independent of observation and that no information can travel faster than light) does not hold in the quantum realm. Instead, particles can exhibit correlations that defy classical

explanations. Photons (and other quantum particles) exhibit wave-particle duality. When not being observed, photons behave as a wave, spreading out over space and existing in a superposition of states. Once observed, whether by a human eye, camera, or any measuring device, the wavefunction collapses, and the photon behaves as a particle, appearing to have a definite position as if it has always been a particle. The "observer effect" in quantum mechanics refers to the fact that the act of measurement affects the system being observed. The act of observation collapses the wavefunction into a definite state. (explainer [3:30]). This change occurs instantly, *even at distances measured in light years* as we proved in 2022. This shouldn't be able to happen, but it did; repeatably – this proved quantum entanglement, which is a phenomenon where pairs or groups of particles become interconnected in such a way that the state of one particle instantaneously influences the state of another, regardless of the distance between them. In 2013, we were still pretty confused. Here's why. [9:07].

- Here's an explanation [12:47] from nanophysicist Ben Miles.
- Here are two articles (Is Reality an Illusion (June 2022) and Repetition Creates False Memories (May 2024)) from Tim McMillan, co-founder of The Debrief, regarding perception studies and consciousness & memory anomalies.

4. Time isn't linear; we just perceive it that way with our senses.
    - Time isn't a river flowing steadily forward. It's an ocean, where every possible moment exists simultaneously. Past, present, and future all exist at once – now.
    - Think of an analog radio. You're tuned into a station. You can perceive the sounds/vibrations coming from your current radio station. You are aware that many, many other radio stations exist, too, both above and below your station. You're further aware that all those other radio stations continue playing, right now, whether you're tuned in or not. Each infinitesimally small "right now" transitions from a future event to the past event. What exactly is "now"?
        - Here's an animated explainer [12:34] by the free educator, Kurzgesagt; they specialize in explaining complex concepts in a clear, concise, and engaging manner.
        - As Tom DeLonge and others have alluded, the impact of a *collective intention* among human beings on the future's malleability, especially within the context of the phenomenon, warrants further exploration.
    - Time travel is possible. In fact, it's common for those who understand it and have the technology.
    - Time can pass at different rates for different observers depending on their relative motion or their position within a gravitational field. Faster motion or stronger gravity leads to a slower passage of time for the observer experiencing those conditions. When it comes to UAP/NHI contact reports from credible individuals, this time dilation phenomenon is a recurring theme, with reports of time slowing down noticeably, or stopping entirely, for the duration of the encounter.
    - Our material reality and 'time' form a multi-dimensional projection screen for our consciousness and day-to-day experiences.
    - Coupling these revelations with the growing popularity of 'mindfulness' – especially since its modern boom in 2013 – reveals the true power of meditation

and the capacity of the human mind. We'll delve deeper into the implications of mindfulness and consciousness in later sections.

5. The entirety of reality is all either “existence” or “non-existence.”
    - In the case of existence:
        - At the fundamental level, everything exhibits wave-like behavior and fluctuations, i.e. vibrations, from quarks, electrons, atoms, elements, compounds, etc., to waves – visible light, ultraviolet light, infrared light, gamma rays, radio waves, and so on. This isn’t vibration in a classical sense like a guitar string, but at a microscopic level – in quantum physics, it’s an abstract concept related to wave functions and field fluctuations; these vibrations are probabilistic descriptions rather than measured physical movements. Wave functions are mathematical constructs that describe the quantum state of a system. They provide the probabilities of where a particle might be found or what its momentum might be when measured. This wave-like behavior becomes more prominent as the particles get smaller (e.g. electrons).
        - These fluctuations and wave-like behavior in particles are excitations of underlying fields. These fields permeate space, and their fluctuations can give rise to particles and make up everything we can see (e.g. your bookshelf, which is made of constantly moving atoms at scales trillions of times smaller than a millimeter) and NOT see (e.g. radio waves and X-rays), which are oscillating electric and magnetic fields that are perpendicular to each other – i.e. manifestations of electromagnetic waves with different wavelengths and frequencies.
        - Vibration is a product of motion. Even the seemingly empty vacuum of space in what we refer to as “spacetime” – the fabric of the universe, encompassing both space and time – consists of constantly fluctuating energy fields. Not in the classical sense of “shaking,” but in a constant, invisible-yet-indirectly-observable interaction yielding probabilistic changes in the energy levels of fields. These fluctuations are an inherent property of quantum fields, meaning that even in the lowest energy state, or vacuum state, there are still dynamic processes occurring.
        - The more we learn, the more we’ve come to realize that it’s possible that the driving action for all this generative and creative energy (existence) is a thought. Since consciousness is non-local, thoughts aren't just mental processes, but rather forms of energy that can influence the vibrational state of other things. Can we observe those, too, or have we already observed ‘thoughts’ but called them something else?
    - In the case of non-existence (and just touching on part of it):
        - Virtual particles are quantum particles that we’ve *indirectly* observed ‘popping into and out of existence’ – they’re not rare; they’re *everywhere, all the time*. When I say we’ve indirectly observed them, I mean that we can only observe their interactions with real particles (like two billiard balls colliding, one of which is invisible). Virtual particles are less like particles and more like [fleeting] excitations in underlying quantum fields that permeate all of space. Virtual particles use borrowed energy and ‘disappear’ when they run out of said energy. They also lack the

defined mass that ‘real particles’ have – their mass is, for lack of a better word, fuzzier; unfixed.

If you want to dig further, start with the Heisenberg uncertainty principle. Then, quantum entanglement. Finally, zero point energy. If you’re feeling brave, dive into Quantum Field Theory (QFT), which explains the principle of quantization, and concepts like superposition, vacuum fluctuations, antiparticles, quantum tunneling, and quantum collapse.

Two more things -

- There's an intersection between the phenomenon and occult knowledge; the first writings that come to mind are the thought-provoking writings attributed to the Greek god Hermes (a.k.a. the Egyptian god Thoth), collectively referred to as Hermetica or Hermetic philosophy, as well as ancient texts from India, Mesopotamia, and Egypt. These and other ancient texts are freely available in the Library.
- We've learned through disclosure efforts that quite a bit of true information and conceptual primers have been filtered into the mainstream over time in the form of certain UAP documentaries and books written by disclosure folks.

Historical Background

Here are some of the reasons for all the secrecy surrounding this topic:

- In the earlier days circa the Legacy Program, the US government didn't know what the phenomenon was, how to deal with it, or whether the various credible reports were connected. Admitting these things wasn't prudent, and the ramifications of such an admittal would be seismic.
- We knew other countries had secret space programs like the U.S. "Legacy Program" (nowadays referenced as "black projects" or just "the program"). We had no idea what Russia and China knew and what they didn't know, or what tech they'd reverse-engineered successfully. Should the USA lay all its cards out, during the Cold War, no less, while other countries are running their own secret space programs? You can't tell your friends without telling your enemies.
- Our military and intelligence brass may have had reason to believe that "disclosure" might cause a blowback from certain NHI that could threaten our entire civilization. As Lue Elizondo stated in March 2022, it was their job to be paranoid and to assume the worst for the safety of humanity.
- On February 12, 2024, the Sol Foundation released this video where Hal Puthoff gave an overview of the government's stance on UAP.

These were all non-starters.

You can already feel what they were up against here. It was visceral, and it remains so today.

Some historical notes:

1. The US Air Force's "TR-3B" is real, and it's actually old news at this point. What we have today is way cooler than the TR-3B. Here's the video Tom DeLonge showed to Joe Rogan. Here's the basic design of it - it's marked as "Abandoned" but that sure looks like a TR-3B to me. The inventor is certainly real. Ever wondered why the Pentagon fails audits every year, abysmally, with over 50% of assets unaccounted for? This is one of many reasons - that money is disappearing into defense contractors like Lockheed Martin, CosmosID, EG&G, and others who run our black projects. It was done this way, in part, to avoid government oversight, which helped ensure it would remain secret. It's been leaking like a sieve ever since, so the CIA employed disinformation campaigns to, effectively, flood the zone with shit. No one could tell what was true and what wasn't.
2. The United States came into possession of one of our first UAP in 1944, after the collapse of the fascist Italian regime under Mussolini. It was given to us by the Vatican (Pope Pius XII to Franklin D. Roosevelt), which was involved in its retrieval in 1933. This UAP was only partially intact. Per David Grusch, "the US's first UAP" was likely sometime before 1930.
3. The 1947 Roswell UAP crash happened. It wasn't a weather balloon – it was a UFO.
4. The term "conspiracy theory" wasn't coined by the CIA, but it WAS popularized by them in the early 1960s as part of a decades-long effort to marginalize UAP & NHI and make sure anyone who "believes in them" or "has had a close experience with one" are never taken seriously. They also infiltrated nearly every UFO group (e.g. MUFON) and spread disinformation and discord. These efforts have since been expanded, and they continue to the present day.
5. There's a long history of human-gathered UAP intelligence gathered for the U.S. prior to World War II involving numerous non-government people – e.g. the "old country boys", including old money, the Vatican, and the Italian mob, per David Grusch. Intelligence gathering was never formalized until the creation of the Office of Strategic Services (OSS) in 1942 via presidential military order by Roosevelt in response to intelligence failures leading up to the attack on Pearl Harbor. The OSS became the CIA in 1947.
6. The real history of AAWSAP, per David Grusch: They went to Skinwalker Ranch as a secondary and tertiary objective, but the real reason it was created was Kona Blue. Bear with me defining terms: It was a bigoted (specific names only, including Harry Reid and Lue Elizondo), waived (limited Congressional reporting) special access program (highest security levels) created because they knew that Lockheed Martin, at the time contracting for the CIA, wanted to divest itself of certain materials (various kinds, including UAP hull structures) at an undisclosed location. The ~$21 million dollars allocated was for Bigelow Aerospace to build facilities in Las Vegas with material analysis equipment.
7. Cattle mutilations, the ones that look like precision laser surgery was performed, are done by NHI for reasons unknown (likely genetic studies, experiments, and/or food).
8. Project Blue Book was a psyop – it was fake. The real phenomena remained under wraps, save maybe one or two real cases that made it into the 'blue book.'
9. JFK's assassination was an inside job (specifically, ex-CIA Director Allan Dulles, et al (S-force)). Kennedy was assassinated because he planned to start a joint space program with Russia and share with them everything the U.S. knew about the phenomenon/aliens/UAP. *(per Daniel Sheehan, February 19, 2024)*

10. A reverse engineering program for recovered non-human technologies has been in place in the United States *since the 1940s,* and we've made tremendous advancements.
11. NHI have modified human DNA several times throughout our history; the last number I recall hearing is 68 times.
12. South America, especially Varginha and Colares in Brazil, is an important part of the world concerning the phenomenon; the biggest NHI hotspot on Earth is there. If you're interested, look up the Varginha UFO Incident in 1996 and the Colares UFO Flap of 1977. Both were real events involving UAP. The Varginha case includes one of the more famous NHI encounters.
13. The Mage, Brazil UFO event was real, too – it was followed immediately by a massive coverup.
14. Ancient civilizations, such as ancient Egypt, were *far more* technologically advanced than we've been told.
15. Atlantis was a real place that existed at one time.
16. The Nazis have direct contact with malevolent NHI; we talk about that more in the NHI Species and Entities section – the Nazis are still around today.
17. In the 1950s, we were clocking some UAP at over 42,000 MPH. This wasn't one or a few incidents - there have been more than 50 cases with similar measurements.
18. We've known that UFOs are more than "nuts and bolts" spacecraft for more than 50 years. In 1968, there was an encounter at Minot Air Force Base in North Dakota, and the object could only be described as "egg-shaped and looked like molten lava." Many UAP are plasma-based intelligent lifeforms.
19. The 1952 Washington, D.C. UFO Incident was real. The UAP were described as dark orange or rust colored metallic spheres.
20. We learned quite a bit about certain malevolent NHI during World War II, during the Cuban Missile Crisis, and in the Starfish Prime Nuke Test of 1962, which is famous for generating a massive EMP burst at 250 miles above sea level.
21. The Rendlesham Forest UFO incident took place the day after Christmas in December 1980, in Rendlesham Forest, near RAF (Royal Air Force) Woodbridge and RAF Bentwaters, which were then used by the U.S. Air Force. On the night of December 26, 1980, security personnel at RAF Woodbridge observed strange lights descending into Rendlesham Forest. A small team of airmen, including Staff Sergeant Jim Penniston and Airman First Class John Burroughs, were sent to investigate. Penniston and Burroughs encountered a triangular-shaped craft with unusual markings. Penniston approached the craft and touched its surface. He later noted experiencing a feeling of static electricity. In later years, some of the personnel involved, including John Burroughs, suffered from various health issues. Circa 2011, CIA officers approached Professor Garry Nolan of Stanford and showed him photos and brain scans of about 100 cases, many of which were indicative of brain injuries consistent with exposure to radiation. Some of the cases were later found to be consistent with Havana Syndrome rather than from direct or close contact with UFOs, and thus were excluded from Dr. Nolan's studies, which he discusses here.
22. President Dwight D. Eisenhaur's farewell address on January 17, 1961, with a warning against the establishment of a "military-industrial complex."*(full address [16:14])*

"In 2023, the United States military's annual budget was $1 trillion. Both political parties in our government have been influenced by the war industry, defense contractors, and private interests. As President Eisenhower warned in his farewell address, "the potential for the disastrous rise of misplaced power exists and will persist" unless we, the people, become an informed citizenry and begin dismantling the National Security State and the Military-Industrial Complex.

"At the core of the Military-Industrial Complex are private defense contractors, who are reported to be in possession of exotic non-human technology, often referred to as Technologies of Unknown Origin (TUO). These private entities are working to reverse engineer Non-Human Intelligence (NHI) technologies to create next-generation weaponry. It's imperative that we prevent this technology from being weaponized." – The New Paradigm Institute. June 11, 2024.

New Insights

1. “Non-human intelligence exists. Non-human intelligence has been interacting with humanity. This interaction is not new and it’s been ongoing. And there are unelected people in the government that are aware of that.” – Karl Nell, retired Army Colonel. May 21, 2024, SALT Conference (Wall Street execs, et al). Pressed about his confidence in those statements, Nell replied, “There’s zero doubt.” Karl Nell works closely with David Grusch.
2. Remote viewing is real. This early 2024 interview with Sean McMoneagle by retired Navy SEAL Shawn Ryan reveals a lot about the US's early intelligence operations, the remote viewing arm of which was originally dubbed the Star Gate Program (1991) headed by Frederick “Skip” Atwater. One of several reasons we started studying remote viewing in the first place was because U.S. intelligence discovered that Russia was already well into parapsychological research - and their research was proving successful. Other psi related government projects included Scanate (1970), Gondola Wish (1977), Grill Flame (1978), Center Lane (1983), and Sun Streak (1985).
3. Also real: Telepathy, telekinesis, clairvoyance, clairaudience, channeling, lucid dreaming, transmutation, spoon bending, 'laying on of hands' healing, Qigong energy (including Reiki), and astral projection, and so on. Interestingly, these things can work at home, but most of them won't work at all when done in a laboratory-type setting - one with the intention of studying it scientifically or proving/disproving it skeptically. On May 27th, 2024, Daniel Sheehan discussed this from a modern disclosure standpoint.
4. Uri Geller can bend spoons with his mind. Folks are free to disbelieve, but Uri was the target of more disinformation campaigns than most people, and the resultant disbelief doesn't change the fact that Uri can bend spoons with his mind. The times Uri “failed” in full view (e.g. in interviews on TV) were caused by the skepticism of observers, and potentially other interference as well. Uri has also demonstrated telepathy and has stopped watches and spun compasses with his mind.
5. UAP are multi-domain. They can travel through our atmosphere, in outer space, in our oceans, and even in lava – we've seen them enter and exit volcanoes. We've even seen UAP go through the side of a mountain (innumerable times). They don't even kick up any dust, just – *thwoop* – in, gone. They come out that way, too.
6. Some NHI call Earth "home." Some live in the ocean, and some live here but in higher dimensions, and thus are "invisible" to us most of the time. Others exist as energy and don't have visible form at all. Some live in a neighborhood and pass as human (don't panic; they're just people of a different sort. But to be fair, we know little here).
7. The majority of UAP travel extra dimensionally via ‘wormholes’ or, conceptually, rips in ‘spacetime’. In a manner of speaking, they sidestep into our reality.
8. In 2014, the first-detected interstellar meteor (IM1 (CNEOS 2014-01-08)) got put on a watch list because the math said while it's small (~500kg), it could hit us. Well…it did. It was traveling at 40km per second (~25 miles per second), and was on a non-return trajectory, meaning if it had missed us, we'd never have seen it again. In 2023, we recovered spherules from the impact site off the coast of Papua New Guinea and analyzed them. Here's Professor Avi Loeb, who led the effort, presenting the results of this scientific study at the Sol Symposium in November 2023.

9. There are spatial dimensions as well as universal dimensions. Each entity, including humans, is originally a spiritual/non-physical form. That is the true state of who you are. Your body is the biological vehicle used for you to experience this (Earth) dimension. Some beings exist locally but in higher dimensions; they're our neighbors (the 'sidesteppers' from adjacent dimensions). They can travel through dimensions, which can also be pathways to future and past events.
10. Gravity isn't what we think it is – MIT Physicist Daniel Harlow explores some quantum gravity concepts in this article. If anyone has ever *solved* quantum gravity, it's not known, and potentially classified.
11. Some, if not all, UAP (the NHI kind; unsure of our own) generate their own gravitational field. If you're inside one and upside down it feels like right-side up. If you're flying at Mach 15 and then stop on a dime, or make a sudden 90-degree turn, it feels completely stable to you. With conventional aircraft, stopping on a dime at Mach 15 would instantly destroy both the craft and the pilot.
12. Chris Bledsoe is telling the truth about being able to summon 'orb' UAP; who they are (which form or species) isn't clear. NASA has imaged his brain using multiple methods trying to figure out how he can summon them, basically on command.
13. There have been face to face meetings between elected officials and NHI. We've also worked on projects with them – in the same room, Stargate SG-1 style (or Star Trek style, if you prefer).
14. There are currently non-human biological NHI in government possession.
15. Skinwalker Ranch is real. The surrounding area is among the most potent hotspots in the continental United States. It's under constant study. The "hitchhiker effect" reported by visitors of Skinwalker Ranch is also real – please stay out of the area. Here's a government document on Kona Blue, declassified on April 16, 2024, which proves that Skinwalker Ranch (a.k.a. Bigelow Ranch) is a phenomenon hotspot that was under study for ~15 years.
16. Some NHI are AI within biological constructs. Separately, there's a growing belief that most NHI that appear as "human" are, effectively, NHI who are "driving avatars", meaning they've transferred their consciousness into a different body or are otherwise linked to the human-like avatar (a biological construct) from elsewhere. Garry Nolan has discussed this as a possibility a couple of times in interviews.
17. We have video of UAP disabling ICBMs (intercontinental ballistic missiles) with lasers, causing the rocket to fall harmlessly into the ocean (multiple disclosure folks reported this). We also have videos of UAP shutting down nuclear silos. Here's a video of retired and former military officers discussing UAPs, nukes, other dimensions, NHI intentions, and the coming paradigm shift at the Disclosure Conference at the National Press Club in 2010. The black lines that appear are unfortunately part of the original recording. To tack on one more thing here, there's a growing body of evidence in recent years that some UAPs are attracted to nuclear power in general, as they've also been repeatedly reported around e.g. U.S. nuclear-powered submarines as well.
18. At an April 9, 2024 hearing before the Senate Armed Services Committee, Joint Chiefs of Staff Chairman General Charles Brown was questioned on "incursions on military installations" by unidentified drones. Senator Mark Kelly: "We see consistent incursions around sensitive government facilities."

19. Current political conflict from American foreign policy to the rise of ISIS to the Israel-Hamas war are largely manufactured and/or manipulated by malevolent NHI.
20. Human minds create our reality, but until there's a shift toward that kind of thinking, on at least a fairly large scale, we can only alter reality minimally, person to person. What we believe matters, and there's a growing consensus that what we believe *collectively* matters even more. NDE (near-death experiences) sometimes bear similar themes, but the whole of the experience differs based on the beliefs of the individual; the experiences are *subjective*, and I think we should question why.
21. Although it might feel counterintuitive at first, telling the truth and making someone cry is a better choice than telling a lie that makes someone smile. You've done harm; you've robbed them of the truth, and of an opportunity to grow spiritually, by taking an easy way out.
22. There is an altruistic group of NHI, comprising of more than one species, that we refer to as the 'Galactic Federation'. This was discussed in emails by astronaut Edgar Mitchell, John Podesta, et al, in 2015. The Honorable Paul Hellyer, Canadian Defense Secretary (retired), publicly confirmed [1:34] the existence of NHI and UAP over more than 10 years. Astronaut Edgar Mitchell and retired Army Colonel Karl Nell have backed up his claims. For those who haven't seen it, here's **Paul's keynote speech** [9:23], distinctively emphasized here in bold, at the X-Conference in 2008.
23. Karl Nell has also backed up the claims of retired Israeli General and former head of Israel's Defense Ministry's space directorate, Haim Eshed, who has said that the Galactic Federation is real, and in 2020 made the following claims:
    1. "There is an agreement between the U.S. government and the aliens. They signed a contract with us to do experiments here."
    2. "The Unidentified Flying Objects have asked not to publish that they are here, humanity is not ready yet."
    3. "They have been waiting until today for humanity to develop and reach a stage where we will understand, in general, what space and spaceships are."
    4. NHI from various parts of the universe are already among us, and that contact with them is imminent.
    5. Certain NHI have prevented nuclear disasters on Earth.
    6. There is an underground base on Mars with human and NHI representatives.
    7. NHI have shared advanced technologies with us, including anti-gravity tech.
24. Some of the folks on the crash retrieval teams refer to crashed NHI UAP as 'donations', and they call the materials they retrieve 'metamaterials'. On April 22, 2024, Christopher Mellon posted this image of a Signal conversation he had circa 2020.
25. We've retrieved UAP that, per David Grusch, had "nothing in it." (no visible control systems whatsoever, no occupants, etc.)
26. Some NHI can contain and transfer the human soul and timeshare our consciousness. We've already touched on channeling being real, but I'm not the only human being who's had an experience that's lent evidence to the notion that we can potentially be temporarily put to sleep and our bodies taken over entirely. If you stop and consider the nature of animals and insects, and what humans do with them (farm, use, control, etc.) - and then consider the nature of NHI as some kind of higher or otherwise beyond-human consciousness who've demonstrably expanded

their psi abilities, it makes perfect sense that they're able to do this. Some can probably read our consciousness like a book.

27. Reincarnation is real. Most of us have had past lives (one of thousands of examples). It's easy to dismiss, but the fact remains. Focus instead on the larger questions it poses. For example, since time isn't real, what exactly is reincarnation? It's not linear – we're not incarnating, dying, then incarnating again afterward – it's all occurring at the same time (and if not linear, what? Parallel? Is this a broader concept that's part of our evolution?). The factual basis from which these questions spring has implications for numerous belief systems we've created for ourselves, from religions to the concept of a prison planet. Here's Jeffrey Mishlove, Ph.D. on the topic, and here's data from the University of Virginia.
28. We're going to have to rewrite the definition of consciousness; planets and stars are conscious entities. The Earth, the sun, Mars, Saturn, etc. I'm unclear on whether moons are separate entities or if they're an extension of the planet entity they revolve around. Greek and Roman 'mythology' wasn't mythology. They were wrong about a lot of things, but fundamentally, with their notion that planets were technically "gods" and that there are realities/dimensions outside of our own, like many religions espouse - they were right. Nikola Tesla understood this, and among his notes, Tesla wrote this: "In a crystal we have clear evidence of the existence of a formative life principle, and though we cannot understand the life of a crystal, it is nonetheless a living being." The U.S. understands this, too, and it remains classified. Science has shown that mushrooms/fungus and plants and trees communicate with and through one another (roots & mycelium networks underground). I wonder what it's like to be a planet and live for billions of years?
29. Water is conscious. This video provides enough information for folks to prove this for themselves at home. In 1999, Japanese researcher, Dr. Masaru Emoto, released his first book on the subject and started an avalanche of discovery into the idea that water has memory and can be programmed into spectacular geometries simply through **thought**, among other things. In the last 10 years, Veda Austin has moved the needle forward by conducting her own experiments using the in-between state of just-frozen water to observe remarkable imprints of what was on her mind or in her hand immediately before freezing.
30. 'Bigfoot' is real. We share this planet with at least one other sentient species.
31. UAP sometimes hum or 'roar' when they're powering up, but otherwise, most of them are completely silent when they move and maneuver. They break the laws of physics and don't make sonic booms when they break the sound barrier, for example, and accelerate at impossible speeds.
32. UAP have been seen maneuvering and leaving the atmosphere numerous times in credible reports. UAP often travel in straight lines or arcs, but they've also been described as moving "like a stone skipping on the water" as well as a tight zigzag - a type of movement you'd expect from the tail of an escaping tadpole, not a UAP.
33. There are NHI who live or are stationed on the moon *(excerpt from U.S. government remote viewer Ingo Swann's book, "Penetration")*. They have bases on the dark side of it. Ingo Swann was one of our top-performing remote viewers in the legacy program's parapsychological studies.
34. There are alien artifacts on Mars, as it used to be inhabited.

35. There's a monolith on Phobos that looks a lot like the Washington Monument. This has been separately confirmed by both astronaut Buzz Aldrin and retired G-15 CIA Officer John Ramirez.
36. Some NHI technology, e.g. spacecraft and metamaterials, were created in the vacuum of space or in an anti-gravity environment and cannot be manufactured here on Earth. I'm not clear on whether it's impossible or if a special and very expensive facility would be able to circumvent that issue, but in either case, we're gonna need more space stations.
37. UFO and UAP only encompass anomalies that operate in our atmosphere or in the ocean. "Fastwalkers" and "Slowwalkers" are U.S. Space Force classifications (originating from NORAD) for UAP that are entering / exiting our atmosphere, and potentially also including those operating nearby but outside it. Data on these 'walkers' is *highly* classified – much more so than UAP. We've been recording them since the 1970s.
38. In mid-December of 2023, The Honorable Tim Gallaudet, Ph.D., Rear Admiral U.S. Navy (retired) said that "We are in contact with non-human intelligence." He's also confirmed that there's a large-scale coverup, and that the U.S. has retrieved crashed UAP.
39. There's a lot of UAP activity in our oceans. The ocean covers 71% of the Earth's surface. To put this in perspective, as of early 2024 we've mapped about 5% of our ocean's volume, and less than 25% of the ocean floor – and we already know there are NHI living in it. Tim Gallaudet has impressed a need to further map the ocean.
40. Tim Gallaudet is also among several sources who allege there are UAP with presence in our oceans and suggests that we investigate this further. In April 2024, Gallaudet told Fox News that he considers it both "scientifically valid" and critical to national security to study these phenomena. A month prior, Gallaudet wrote, "Pilots, credible observers, and calibrated military instrumentation have recorded objects accelerating at rates and crossing the air-sea interface in ways not possible for anything made by humans."
41. We've learned through disclosure efforts that during the Legacy Program, personnel who came into direct contact with certain biological NHI (aliens with physical bodies) have, *in some cases*, developed a serious bacterial infection. Despite doctors' best efforts to stave off the infection, it took their lives. This does not appear to be universal among NHI, but it's worth mentioning as this has happened more than once.
42. Per Ross Coulthart, Karl Nell, and Tim Gallaudet, there is a new Cold War happening under our noses, right now in 2024, among at least the U.S., China, and Russia, to reverse engineer and harness advanced NHI technology. *(source video)*
43. Scientists today entertain the distinct possibility, based on ever-increasing evidence rather than speculation, that our genetic code was designed by an intelligence and that the code came from the stars and was seeded here deliberately (panspermia). The encoded information in our cells has appeared in the form of divination systems in China, Africa, Europe, and elsewhere that are based on the same mathematical patterns, over thousands of years. It was later, in the modern era, that scientific discoveries related to our DNA patterns were linked – quite directly and overlaying perfectly with – these ancient divination systems.

Cattle Mutilation Reports

Feb 22, 2024

Warning: Gross

These stories contain disturbing and graphic thematic elements; cattle mutilations are exactly what they sound like.

Click **here** to skip this subsection.

The below reports and quotes are unedited and are supplied as-is.

Haim Eshed, Former Head of Israel's Space Program

Report 1

Haim Eshed on Skinwalker Ranch: "You see the radiation jump, and you see how a shape-changing body arrives, light comes out of it at a frequency that you cannot see with the naked eye - in fact, you do not see anything when you look normally - but with the cameras, at the high frequencies, you see this body perform" Kill from utilization' - drawing blood from the cattle on the ground in front of your eyes."

"Something like a cloud like that. Like you draw a ghost for children. It's like an undefined cloud, amorphous, and the horns come out of it, and you see the cow twitching. And when it's over, everyone runs to the field to see, and there's nothing there, no blood - but the cow's body has a cut which is like with a laser. They removed her organs and pumped her blood! If they had told me that, I would have said: Shit, it's a show. But professors from MIT and leading researchers have seen and confirmed it, and everyone is shocked. So listen, we have to at least check."

The Judy Doraty UFO Abduction Case

Report 2

The first observation of note is the actual abduction of the calf. Judy recalled seeing a calf suspended within a beam of yellow light which contained swirling dust like particles. The calf was apparently captured by this light and was in the process of being drawn into a

hovering craft above. Judy remarked that the calf struggled to escape but was unable to do so. Assuming her observation was accurate, this beam of light represents the method used by alien entities to capture and extract hapless victims. Since "tractor beams" have been frequently illustrated in the UFO literature for both humans and animals, they must have been both previously and subsequently observed. This method of extraction would account for the lack of tracks in the vicinity of mutilated carcasses. At a later point in her regression, Judy reports that after dissection, the animal's carcass was dropped from the craft. We don't know whether Judy meant the carcass was directly ejected from the craft, or it was lowered to the ground by the same beam of light used to capture it. It would be reasonable to assume the animal was lowered by light back onto the ground. If released before reaching the ground, it could account for broken bones and other evidence of physical trauma found in some mutilated animals.

(snip)

One of the primary objectives of this article was to examine the observations made on the vivisection of the captured calf. Hopefully, the calf was tranquillized prior to the removal of its organs for what follows is truly gruesome. Judy recounts seeing the creature dissected by an instrument resembling a "straight razor." She also specifically recalled seeing the eyes, tongue, testicles and other glistening tissue being placed in scooped out basins on a table near the operating arena. These organs had been implanted with probes attached to long, transparent tubes. Within these tubes she observed blood and other fluids flowing to some unknown location. A scanning device consisting of sequentially flashing vertical lights was attached to the needles and monitored the passage of various fluids. Judy also remarked that the alien beings worked with great speed and efficiency during the entire procedure. At one point the aliens telepathically told Judy that it was critical for the process to be carried out quickly.

Book: "Alien Base", by Timothy Good

British UFO researcher

Report 3

In 1969, Wendelle Stevens delivered a C-54 transport plane to a client, Oscar Bowles, a wealthy Bolivian businessman to whom Stevens had delivered over a dozen cargo planes in the past. Bowles's ranch was at Santa Rosa, where he had a meat-processing plant. Above his property, to the west, was a sheep herder whom Bowles knew well. According to Bowles, the sheep herder and two of his Indian helpers were watching the flock one bright day when a silent disc-shaped aircraft came out of the sky, gliding down gently in a curving approach until only 50 feet above them.

The disc stopped, hovered momentarily, and flashes of white light emitted from its underside like electricity jumping a gap, striking the sheep. This happened about 30 times in quick succession, and the sheep fell to the ground. As Stevens relates: As it became

apparent that the flock was the target of interest, the shepherd picked up a stick and, raising it, started to run toward the slowing, shiny metallic disc. With his first threatening motion of raising the club, there was a flash of violet light and he suddenly was unable to continue the motion. It was like he was immersed in molasses. He could barely move, and then very slowly. He could roll his eyes and look around. He saw his helpers apparently in the same kind of paralysis...The stricken sheep did not move.

As he watched, the silver disc-shaped craft, with a shiny dome on top, descended still more, to about five or six feet above the ground, and a trap-door with a built-in stair opened down from underneath, and two human-like feet started down the stair from the center of the ship. First one and then another emerged, and as they reached the bottom of the stair and stepped off, he was sure they were normal men in strange suits.

The form-fitting suits were a bright, reflective white, of the one-piece coverall type, with a transparent dark helmet over the head. The beings wore matching white gloves and boots, and each carried what looked like a shiny silver fire-extinguisher in one hand, and a black nozzle on the end of a white hose to the bottle in the other. These two men walked around among the flock putting the 'fire-extinguisher' nozzle to each of the fallen sheep in turn, apparently showing little interest in the shepherds. They finished their task in only three or four minutes and then walked back and boarded the ship up the stairway. The stair retracted as the big, circular ship, over 30 feet in diameter, drifted higher, to about 300 to 400 feet. From that position, there was a tremendous 'sshhoo' and the ship sped up into the blue sky at a steep angle and disappeared.

As soon as the craft had vanished, the shepherds recovered from their paralysis and rushed to their flock. All 34 sheep were dead. The shepherd and his helpers dragged the sheep to one side to bleed them - but there was no blood. 'The three men carried the carcasses to the hut and began to dress them out,' continued Stevens. 'They not only found them bloodless, they found certain organs considerably desiccated and spongy, including the brain, spleen and eyeballs.' Although the witnesses agreed that the beings looked human, they felt certain that they did not originate from anywhere on Earth.

Report 4

On rare occasions, animals - particularly cattle - are said to have been levitated towards a hovering UFO, prior to being mutilated. Though no UFOs were seen at the time of the following incident, and the fate of the animal is unknown, it was observed rising inexplicably into the sky. The incident is believed to have occurred at the end of October 1970, on the

Palma Velha ranch, about 18 kilometres from the town of Alegrete, in the First District of Rio Grande do Sul, Brazil.

At about 16.00, Pedro Trajano Machado and his 23-year-old son, Euripides, were carrying out veterinary treatment on some cattle, and had just picked one Jersey cow which had a

one-month-old calf with her, weighing about 20 kilograms. The cow was tied up but the calf was loose, about five metres away from its mother. Suddenly, the cattle became disturbed; the tethered cow began to low, constantly turning to look at her calf. As Pedro turned to look at the calf, which was also bellowing, he could not believe his eyes:

...the animal was hanging in the air, at about one metre above the ground, and otherwise in the normal posture (i.e. with its feet pointing downwards).

[Pedro] shouted to his son to look, and both were now able to watch as...the calf began to move away parallel to the ground, still at a height of about one metre, in the same position as before, and bellowing as it headed towards the open fields...

While the rest of the cattle were bellowing and lowing and churning about in evident fear, the calf was now moving towards the barred gate in the fence, which was open. Then it passed beneath the branches of some trees, towards the northeast, until it was now about 20 metres from its mother...still about one metre above the ground. But now it began to move slowly upwards, still with its feet pointing down. It had stopped bellowing now. According to the two witnesses, this slow vertical ascent lasted for about three or four minutes until, while still far below the cloud-ceiling, the calf became invisible.

The calf was never found. Investigations were conducted by a team from the independent group GIPOVNI, headed by Victor Soares. They found the witnesses to be thoroughly credible; not likely to have invented such an unlikely tale. Although no UFOs were seen at the time, the Machados remarked that on a number of nights - including the date of the incident - they had seen 'red lights, coming on and going out'; 'stars' in the sky, moving about and stopping, 'doing somersaults in the sky, either separately or in groups of three'.

Book: "Alien Contact", by Timothy Good

Report 5

In the early fall of 1976, following twenty-two confirmed mutilation cases in Madison County, Montana, between June and October, a hunter from Bozeman, Montana, observed an unmarked black helicopter as it disappeared below a hill in the Red Mountain area near Norris. Climbing to the top of the hill, the hunter saw a black helicopter (which appeared to be a Beil Jet Ranger) on the ground, its engine still running. Seven men had disembarked from the craft and were walking up the hill toward the witness. As the hunter waved and shouted greetings, he noticed that the men all appeared to be "Oriental," with slanted eyes and olive skin, and were talking among themselves in an undecipherable language. Suddenly, they headed back to the helicopter, and the hunter followed. As he came to within about six feet, the "Orientals" broke into a run, jumped into the helicopter, and took off.

Report 6

On 25 February 1999, shortly before noon, fourteen Hispanic forestry workers were heading for their crew vehicle for the lunch break. 'Francisco and Augustine were nearly at the turnout (1900 ft elevation), Manuel and two others were walking up the slope (about 1600 ft elevation) from an old overgrown access road, while the rest of the crew was scattered, most midway between the two groups on the north-facing hillside,' begins the MUFON incident report. Stopping to rest, Francisco watched a herd of elk on a nearby slope to the north-east. Suddenly, from the north-east, came an unusual, moving object.

The UFO, presumably, had already dropped some 70 feet down the height of the Douglas fir trees bordering the dirt road and was now drifting over a hilltop. Skimming...at brush top level and hugging the contour of the hill, the UFO appeared to be heading slowly toward the herd of elk. The object's initial location was approximately 800 yards distant and 200 feet lower in elevation than Francisco's location.

Initially, Francisco took the object for a bi-coloured paraglider drifting in for a landing: it had a red patch on the right half and a white one on the left. It moved with a strange, slow wobble. Hugging the ground, the object advanced towards the herd of elk, which bolted. 'Most tried running up the slope to the east, but the going was slow. A lone elk separated from the herd and headed north. The craft targeted the loner and moved in. Surprised and astounded, Francisco shouted to Augustine, "Look at that!"

The terrain, strewn with numerous small deciduous trees that had been cut about 18 inches off the ground, their trunks lying all over the place, prevented the animals from escaping quickly. Still wobbling, and moving no more than an estimated seven mph, the craft easily overtook the lone elk.

Augustine had missed the pursuit but caught sight of the UFO as it took the elk. Down-slope, Manuel (crew supervisor) also witnessed the capture – 500 yards distant. Nearly every other person's attention had been diverted toward the main group of fleeing animals.

The craft moved directly above the female elk and somehow lifted it into the air without any visible means of support...At this point, the animal ceased discernible movement – no kicking legs, no struggling body, and no indication of consciousness. The witnesses were amazed that the craft could lift the 500-pound animal. The 'wing span' of the object measured not much longer than the length of the elk...The captured elk, its head apparently against the ventral surface of the craft, and body standing stiffly upright, was lifted off the ground – just enough to clear the underbrush. The craft continued its slow, wobbling oscillation. The suspended elk moved likewise as if she were a solid metal sculpture welded to the craft. After the craft acquired (without pause) the animal, it moved away at the same slow pace, to the north, following the contour of the land. The elk's feet were observed sweeping circles, in conjunction with the craft's movement, just above the brush and treetops.

Soon, the craft approached the end of the clear-cut area, apparently hitting some low branches. After hitting the branches, the witnesses saw it dip sharply and reverse direction before ascending vertically in front of the tree line. All three had the impression that the object had almost dropped the animal. Once above the tree top level, it moved over the forest margin and continued northward, dipped out of sight momentarily...then ascended at roughly a 45-degree angle into the distance until it was obscured by clouds. Meanwhile, the rest of the herd had gathered into a tight huddle near the tree line, a normal behavior when a predatory threat is perceived.

The craft was estimated to be seven to eight feet in span, five to six feet in 'length' and 14–18 inches in thickness. In general, the colour of the craft was grey. One witness thought the dull red and reflective white patches were lights. All three witnesses indicated that the craft's oscillations were 'similar to that of a spinning coin as it is winding down and closely approaching a flat surface [and with] an oscillatory period of about 2 to 2.5 seconds'.

There are other interesting parallels with this case. Piedro Viera also told me that, like the elk, the cow he saw suddenly became motionless while being levitated. However, whereas Viera later encountered the mutilated cow beside the road, there is no indication of what happened to the elk. Was it mutilated, then left in the area, or taken away?

Book: "Unearthly Disclosure", by Timothy Good

Report 7

In Alien Base I reveal an extraordinary mutilation case that occurred in Puerto Rico, the initial stages of which were witnessed by a security guard and former police officer, 'Piedro Viera', who recounted to Jorge Martín and me that while driving in the small hours of 12 January 1997 he had seen a large circular object coming from the direction of the El Yunque Rain Forest, then hovering above some cows in a pasture. A blue-green conical beam of light came down from the craft and engulfed two of the cows, one of which was 'levitated' towards the craft. 'The cow vanished suddenly when it was about five feet from the underside,' Viera told us. 'Then the craft began to move away slowly.' Viera was about to follow the disc in his truck when a black 4 × 4 pickup came along and two men, dressed in black 'military-style' clothes (more commonly worn by law enforcement personnel), ordered him to stay where he was for at least ten minutes. The men returned to their pickup and followed the craft. After 15 minutes Viera set off. He soon came across a cow lying on the side of the road, identical to the one levitated aboard the craft. 'It had apparently been dropped from above,' he explained, 'because two of its legs were badly broken.' The cow had also been mutilated. If Viera is correct in his assumption that the two men were American federal agents, it suggests, at least, that they were monitoring the situation.

NHI Species & Entities

version 1.28 | Jun 24, 2024

Introduction

The disclosure team tells us that there's a proxy war happening, that it's happening now, and that the war is over human souls. This page was built primarily with this message in mind, and it was built up with information provided in interviews and books by disclosure folks, as well as from commonalities in indexed case reports, and from ancient texts.

Since we're taking everything else the disclosure team is saying seriously, we're gonna dive into this one headfirst. We know very, very little; this section will be updated over time as we learn more, but I'm not holding my breath.

What I find particularly difficult and fascinating about UAP and NHI sightings is the frequency of occasions whereas multiple witnesses look at the same object or being – and see two different things. The same can be said of photographs: In many cases, but not all, what turns up in photographs is quite different than what an experiencer reports having witnessed. This anomaly alone leads us down the path of the phenomenon being linked to human consciousness, and, perhaps, the manipulation thereof.

“Whatever your belief is, these manifestations are going to assume that form.” – John Keel

From History: NHI of the Proxy War

version 1.03 | March 12, 2024

- *Data sources for this subsection: Canonical religious texts, apocrypha, hermetic, gnostic, and other ancient texts, and weighted toward chronologically older and occult texts. The information presented in this list does not originate from sources or materials related to UAP or 'the phenomenon', nor does it derive from any contemporary works of any kind.*
- *Keep in mind that it's possible that this list could represent any number of species, and the groups represented are not necessarily 'good' or 'evil' as described.*

'Good' Entities from History

(from historical/religious/occult texts only)

The moral orientation of individuals within a group may vary – potentially, greatly.

Devas

[Jump to Proxy War]

- *Hinduism, Jainism, Buddhism*
- **Related Names:** Gods, Divine Beings, Celestial Spirits
- **Description:** Described as radiant with glowing skin. Depicted as exceptionally beautiful and youthful, with radiant forms and often with multiple arms or heads, adorned with heavenly garments and jewels.
- **Disposition:** Benevolent and compassionate; seek to inspire and enlighten humanity. Frequently depicted as aiding humans in their spiritual evolution, providing guidance, protection, and blessings. In eschatological beliefs, devas are often depicted as celestial beings who play a role in the final judgment and the afterlife.
- **Associations:** Wisdom, compassion, enlightenment
- **Disassociations:** Ignorance, egoism, attachment
- **Habitat:** Devas are believed to reside in various heavenly realms or layers above the human world. These realms are often described as places of great beauty and pleasure, free from the immediate sufferings of the mortal world but still within the cycle of samsara (the cycle of rebirth/reincarnation).

Asparas

[Jump to Proxy War]

- *Hinduism, Jainism, Buddhism*
- **Related Names:** Celestial nymphs, heavenly dancers, heavenly maidens

- **Description:** Depicted with youthful appearance, adorned with celestial ornaments and fine attire. They may be shown in graceful poses or engaged in dance and music. Sometimes depicted with a blue skin tone. They enchant heroes and sages with their beauty and grace. Similar in descriptions to Nymphs in Greek mythology, fairies in European folklore, and celestial maidens in Chinese mythology.
- **Disposition:** Depicted as benevolent, bringing fortune and inspiration. They're associated with artistic talents, chiefly music. They are linked to specific virtues and qualities, such as grace, charm, and elegance. They play roles in various ancient texts, including epics and puranas, where their interactions with gods and heroes often highlight moral and ethical lessons.
- **Associations:** Love, devotion, music, dance, and artistic & musical divine inspiration
- **Disassociations:** Lust, envy, a lack of appreciation for beauty, art, or music
- **Habitat:** Believed to inhabit celestial realms and heavenly abodes, where they entertain gods and inspire divine beings with their artistic talents. They also inhabit natural places on Earth, particularly around water bodies like rivers, lakes, and clouds.

Angels

[Jump to Proxy War]

- *Judaism, Christianity, Islam*
- **Related Names:** Cherubim, Seraphim, Archangels
- **Description:** Varies widely across religious texts; often depicted with wings, halos, and radiant forms. They stand eternally and have no knees. They serve God and execute divine orders, including delivering messages to humans, intervening in worldly affairs, and battling evil forces. Each angel is believed to have specific roles and responsibilities. In eschatology, angels are seen as key figures in the end times, participating in the final judgment and the battle between good and evil. In old Christian doctrines, angels are believed to have had a one-time choice to follow God or rebel (as in the case of Lucifer and the fallen angels), suggesting a form of free will at least at some point in their existence.
- **Disposition:** Frequently depicted as aiding humans in times of need, providing guidance, protection, and miracles; seek to guide and assist humanity in spiritual matters.
- **Associations:** Compassion, mercy, justice, holiness, purity, divine missions, protection, and guidance
- **Disassociations:** Sin, disbelief, spiritual impurity, fallen angels
- **Habitat:** Believed to inhabit celestial realms and higher planes of existence beyond the physical world, but they can traverse the earthly plane as required by their duties. They are considered eternal beings who exist outside the constraints of time and space.

Malak

[Jump to Proxy War]

- *Islam*

- **Related Names:** ملك, Mal'akh, Messenger Angels
- **Description:** They are created from light and are invisible to the human eye (formless) unless they choose to appear in a form. Their "form" descriptions vary by text, but they're often depicted with wings, radiant forms dressed in garments and bearing symbols of their divine missions, such as scrolls, trumpets, or swords. They have no free will and do not disobey Allah's commands.
- **Disposition:** Frequently depicted as delivering messages, guidance, and warnings / judgments to humans on behalf of God with devotion and humility. Malakim are associated with divine authority, justice, and righteousness.
- **Associations:** Faith, obedience to Allah, humility, purity, performing specific duties such as recording deeds, delivering revelations, taking souls at the time of death, and 'questioning in the grave'.
- **Disassociations:** Disbelief, disobedience, spiritual impurity
- **Habitat:** The heavens, though they operate in the earthly realm as commanded by Allah. Like angels in Christianity, they are considered eternal beings who exist outside the constraints of time and space.

'Evil' Entities from History

(from historical/religious/occult texts only)

The moral orientation of individuals within a group may vary – potentially, greatly.

Asuras

[Jump to Proxy War]

- *Hinduism, Jainism, Buddhism*
- **Related Names:** Anti-Gods, Titans
- **Description:** Asuras are powerful but flawed beings in Hinduism, Jainism, and Buddhism, often depicted as rivals or enemies of the gods, and having both divine and demonic qualities. They vary widely in appearance, from beautiful to monstrous forms. They embody the darker aspects of human nature and the forces of chaos and destruction. Known for their thunderous roars and battle cries; associated with epic battles. Described as obstacles to spiritual progress and enlightenment. Often adorned with weapons or armor symbolizing their martial prowess and aggressive nature. Believed to represent the challenges and trials that souls must overcome to attain liberation and transcendence. Their nature and moral alignment vary across different texts, with some interpretations showing them as more nuanced characters rather than outright evil.
- **Disposition:** View humans as rivals or enemies to be subjugated, and are generally antagonistic or malevolent towards us. Involved in perpetual conflict with the Devas (gods) - the forces of chaos and destruction against order and virtue.
- **Associations:** Jealousy, pride, aggression, anger, greed, lust, egoism, the pursuit of power and dominance, and the material world.

- **Disassociations:** Harmony, moral goodness, spiritual enlightenment
- **Habitat:** Inhabit the earthly realm and lower planes of existence (e.g. the Underworld), where they vie for power and dominance over gods and humans, and other specific realms/dimensions such as Patala in Hindu cosmology.

Demons

[Jump to Proxy War]

- *Judaism, Christianity, Islam*
- **Related Names:** Daemons, Evil Spirits, Infernal Beings, Devils, Fallen Angels
- **Description:** Depicted as agents of evil, seeking to harm, tempt, or corrupt humans. Described as having grotesque or monstrous forms, horns, claws, and other demonic attributes. Associated with distant sounds of groans, screams, and sinister laughter.
- **Disposition:** Malevolent and deceptive; seek to corrupt souls and lead humanity astray - they possess, torment, or tempt individuals to commit sinful acts. Depicted as adversaries to humanity and the divine, working to lead humans away from righteousness.
- **Associations:** Deception, temptation, manipulation, evil, darkness, sin, chaos, possession (the 'call a priest' kind)
- **Disassociations:** Faith, purity, spiritual discipline, goodness, divinity, holiness.
- **Habitat:** Infernal realms and dark dimensions beyond the physical world. They are considered timeless beings who thrive in the realm of spiritual darkness.

Archons (Aeons)

[Jump to Proxy War]

- *Hermeticism, Gnosticism*
- **Related Names:** Cosmic Powers, Celestial Rulers, Authorities
- **Description:** Celestial rulers and cosmic powers in Gnostic cosmology who govern human existence and spiritual evolution. They are associated with the forces that shape human consciousness and influence worldly affairs. Primarily depicted as intermediary beings between the divine and material realms, influencing human consciousness, shaping worldly affairs, and governing cosmic principles. Often depicted as a blend of human and animal or as purely spiritual beings with no fixed form.
- **Disposition:** Varied and complex, but primarily oppressive, hindering spiritual progress by maintaining the material world's illusion. Archons view humans as ignorant or flawed beings trapped in the material world. In Gnostic cosmology, Archons are considered to be powerful entities serving under the Demiurge, the creator of the physical world, to keep the divine spark within humans imprisoned within the material realm. Their goal is to prevent souls from achieving gnosis – the knowledge of transcendence beyond the physical plane.
- **Associations:** Ego, control, obstruction of spiritual knowledge
- **Disassociations:** The Pleroma (the divine realm in Gnostic theology), enlightenment, spiritual liberation, divine will

- **Habitat:** The material and ethereal realms, acting as intermediaries between the physical world and the spiritual. Able to heavily influence and enter the earthly plane.

Jinn (Djinn)

[Jump to Proxy War]

- *Islam*
- **Related Names:** Genies, Spirits
- **Description:** Shape-shifters who can take various forms (e.g. animals, humans, and monstrous creatures), traditionally invisible to humans but can appear as animals, humans, or other forms. They're written as mysterious and unpredictable entities of great power and wisdom who possess magical abilities and knowledge of hidden mysteries. They are associated with hearing whispers and disembodied voices. In Islamic tradition, Jinn are created from smokeless fire by Allah and, like humans, possess free will to do good or evil. They live in a world parallel to humans, are subject to judgment, and can be Muslims or non-Muslims.
- **Disposition:** Varies according to individual jinn; may include granting wishes, causing mischief, or offering spiritual knowledge. Be careful what you wish for.
- **Associations:** free will, moral agency, influence over human affairs, wish-granting, invisibility, possession (the 'call a priest' kind)
- **Disassociations:** Spiritual impurity, disbelief
- **Habitat:** The unseen realms and hidden dimensions of existence, places of desolation, ruins.

Oni

[Jump to Proxy War]

- *Japanese folklore, Shintoism*
- **Related Names:** Ogres, Demons
- **Description:** Malevolent spirits in Japanese folklore, often depicted as fearsome creatures wielding clubs. They are feared and revered as powerful beings capable of causing great harm to humans. Associated with hearing roars, growls, and ominous laughter in the distance.
- **Disposition:** Generally malevolent and aggressive; seek to terrify, harm, or devour humans. They spread fear, disease, and misery and feed on negative emotions.
- **Associations:** Darkness, evil, chaos, suffering, and the supernatural forces that lurk in the shadows
- **Disassociations:** Courage, purity, divine benevolence
- **Habitat:** Desolate and remote places, such as mountains, forests, old buildings, and graveyards. According to legend, they lurk in the shadows and prey upon unsuspecting victims at night.

From Disclosure: NHI of the Proxy War

(open draft, v0.70 – Jun 23, 2024):

This is going to go off the deep end in a hurry. This subsection was built, in part, on the foundation of a Fortean analysis, which I think is fitting for this exercise. I'm using disclosure team information, ancient texts, occult knowledge, and common (repeated) case reports, where applicable.

Bear in mind that these that are listed very likely have unknowable overlaps or may be one and the same (e.g. what if “the greys” are angels, or demons, or both?). In any case, these beings listed below represent one or several societies that are at least as complex as our own – “the Others” have their own factions, internal conflicts, social structures, belief systems, cosmologies, and so on. Things we perceive as evil may, in fact, be quite neutral.\

The ‘good’/’evil’ split is maintained here, but I wouldn't call it accurate. For example, if we consider the shared timeline of Gnostic traditions and Orthodox Christianity, the slow-motion collapse of the pagans of Rome, and the fact that the disclosure team points squarely at whoever or whatever portrayed themselves as the Greek gods being involved in modern disclosure, it begs an obvious question:

Where’d all those Greek & Roman gods and daemons (spirits) go?

Proxy War corkboard *(courtesy of TTSA (Puthoff, Semivan, DeLonge, et al), 2023)*

One of the few things we’ve been told about the proxy war is that it’s about humans – our future, our souls. The needle aims squarely at the Consciousness sections a little further on in the guide.

'Good' Entities of the Proxy War

(from disclosure, history, and reports)

The moral orientation of individuals within a group may vary – potentially, greatly.

Devas

[Jump to History]

- Referred to in Hinduism as the gods.
- The Pleiadians - they were around for and assisted Atlantis; Hermes' mother was a Pleiadian Nymph.
- Enemy of the Asuras.

- Devas have slender arms and legs, are tall, and have been described as having luminescent skin. The specifics of their eye color and other facial features varies in reports.
- They're peaceful and spiritual. Some have been described as being more curious than kind, but they've helped humanity as a species numerous times. In general, however, they tend to avoid interfering directly in human affairs.
- They're the source of the markings on alien artifacts noted by disclosure folks as being similar to 'hieroglyphs'.

Asparas

[Jump to History]

- The Arcturians; "Blue Avians"; "sky dancers"; "sky singers"
- Responsible for crop circles – the ones *not* created by human artists or hoaxers – which include the following characteristics:
    - Stalks are often layered or braided and the pattern has a gentle flow.
    - Plants show signs of radiation - the nodes on the wheat are cracked open (from the inside of the plant). These plants tend to grow faster and have a much higher protein content.
    - Magnetic glaze is detected (meteorite-like bits around the crop circle).
    - *It is not known whether asparas create all, or only some, of these crop circles.*
- Asparas are artistic and musical, and are closely associated with the Devas and have been described as having luminescent skin, like the Devas.
- They tend to assist humans more directly than Devas, including incarnating or disguising as a human to do so.
- The link between asparas and "blue avians" is one I consider putative but is arguably a little tenuous - Blue avians are described as bird-like in appearance with blue feathers, which doesn't quite match the "blue skin" description. It's likely that many NHI choose more human forms when interacting with us.
- It's common for this type to deliver messages focused on spiritual growth, environmental stewardship, or warnings about the misuse of technology and resources.
- Occasionally in positive encounters, experiencers describe blue-skinned people and often a spiritual experience.
- In ancient Egyptian and some Hindu art, it's not uncommon to see gods and goddesses depicted with blue or green skin, such as Amun, Nüwa, Krishna (Vishnu's avatar), and Osiris.

Angels

[Jump to History]

- Often depicted as humanoids with white wings. In historical context, this appears to be an improper depiction - it's argued (e.g. in Islam) that angels are formless.

- In Ezekiel 10:12 in the Bible, the imagery may have described a UAP: "And their whole body, with their backs, their hands, and their wings, and the wheels were full of eyes all around—the wheels that the four of them had."

Malak

[Jump to History]

- In Islam, malak (of Allah) and angels (of God) are considered the same entities.
- They are depicted as formless (i.e. invisible or energy) rather than the usual Christian depiction.

'Evil' Entities of the Proxy War

(from disclosure, history, and reports)

The moral orientation of individuals within a group may vary – potentially, greatly.

Asuras

[Jump to History]

- Home: Netherworlds / celestial realms - origin is not Earth.
- Trickster Fey or Fai; anti-gods; “The Swarm”; “the bugs”; “The Titans.” (These are established by disclosure. Personally, I think “Satan” is another name for the same.)
- Diverse bunch, but a hive mind
- Enemy of the Devas
- The NHI the Nazis sided with and refer to as their ‘Master’. *[Outside conjecture: I've heard others report that the Nazis sided with the “Draco Reptilians”, so I'm including that note here in case they’re related, but with no confidence one way or the other.]*
- Asuras fit the bill for potentially being at the center of the NHI ‘AI problem’ and/or the ‘parasitic’ NHI.

Demons

[Jump to History]

- Home: Unknown; potentially, underground on Earth, or the moon
- Demons are described in physical form as having cloven feet, and in some occult accounts they're said to have a very strong sulphur odor. They're often depicted with red eyes and as having a grotesque appearance, with skin that's often described as oily, brown, and leathery.
- Demons are purported to be the ones that most often partake in possessing humans - much supporting evidence exists.
- Regarding the "alien bases on the dark side of the moon", I'd guess that that's these guys.

- A number of sightings of cryptids, including some claiming they'd seen bigfoot, have mentioned strong sulphur or ammonia smells in the air.

Archons (Aeons)

[Jump to History]

- Home: Earth and surrounding solar system
- The oldest of this group according to gnostic texts - created by the Demiurge.
- In Gnostic cosmology, Archons are considered powerful spiritual entities or demiurges, often associated with the material world (like the Greek gods were) and were seen as obstacles to spiritual enlightenment.

Jinn (Djinn)

[Jump to History]

- Made of "smokeless fire" (electrical energy?)
- Invisible but can take on form (shapeshift).
- May be known in modern times as poltergeists.

Oni

[Jump to History]

- Large and imposing terrestrial creatures with wild hair and one or more horns protruding from their heads.
- From a folklore context, they represented the chaos and dangers that lurk beyond the borders of the civilized world, as well as the dark aspects of human nature, such as greed, anger, and cruelty. They were originally written as purely malevolent forces. Over time, the portrayal of oni has evolved, in some cases even making them appear sympathetic.
- Are able to shapeshift and control the elements, according to legends.
- Oni are where the minotaur legend comes from.

'Unknown' Entities

Role, if any, in the proxy war is unclear. There are far more, but I can't include them all.

Bigfoot

- Home: Earth
- Adding this because disclosure (both Tom and Lue, and I believe a third but the name escapes me) said Bigfoot is real. So, who are they?
- They have a highly evolved consciousness.
- They can access more than just this realm – the material world and at least one other.

The Greys

- Four feet tall or less. These are the "common" ones you always hear about - thin arms and legs, large head, large black eyes, hairless. Grey in color from head to foot.
- Known to abduct people, allegedly for genetic studies (then return them).
- Individuals, and not a hive mind.
- Have never been seen to eat or drink, excrete, or even breathe. They have a robotic gait and they're likely closer to a machine than they are to an ‘organism’.
- They have a vestigial nose and mouth, no ears, and no external genitalia. They also have no knees and no elbows, and no clearly defined ankles or wrists.
- They communicate using telepathy and gestures.
- Often seen alongside "tall greys" (same as greys, but 6-8 feet tall and present as leader or commanding officer) and "mantids" in abduction scenarios.

Mantids

- Described as a bipedal humanoid with a preying mantis-like head.
- Frequently associated with the Greys (i.e. people who report being abducted by the Greys sometimes report these beings as well).
- Encounters with mantids often portray them as overseeing abductees who are on the examination table. Some abductees report that mantids seem to exhibit a higher level of authority or wisdom in these experiences.
- The following information is presented with due caution due to the potential for inaccuracies: Leaked Russian reports (with unknown authenticity and which I’m unable to locate - but whose underlying science is sound per biologists who’ve reviewed them), mantids live underground on Earth, are ~7 feet tall, have a terrible smell because they eliminate through their skin or exoskeleton, feed primarily on bodily fluids with two “fangs” not unlike how a tarantula eats, and are the source of chupacabra and vampire myths. The report further indicates that they seem to mainly feed on mammals such as livestock.

Machine Elves

- These are the ones people report seeing on DMT trips.
- Machine elves are often described as small, elf-like, or gnomish entities that possess a mechanical, digital, or fractal-like quality. They appear highly complex with intricate patterns, are typically described as playful or mischievous, and actively engage with the person experiencing the DMT trip.
- The environments in which the machine elves appear are visually complex, multidimensional, and geometrically-impossible spaces.
- Their messages to the DMT user (the experiencer) can vary but often involve themes of love, unity, the interconnectedness of all things, insights into the nature of reality, or revelations about the self. They sometimes say to the experiencer, "Not like this," making some wonder if DMT created an unexpected shortcut to something.
- Lots of folks have drawn them. They all look similar to these, and behave & interact as though conscious entities themselves.

Ocean Entities

- Home: Earth.
- I'm adding this one because we know there are sentient species in our oceans, we just don't know anything about them. It's possible that they're varied or exist within one or more of these other groups of entities.

Reptilians

- Home: Earth
- Reptilians are the subject of so much speculation and disinformation that it's impossible to cut a clear path. We know from disclosure that there's at least one NHI species that evolved alongside the dinosaurs and is still around; this species would no doubt be a top contender here, alongside bigfoot and ocean entities.
- Here are some commonalities I've found, but I'd advise you take them with a grain of salt:
    - Humanoid in shape but with reptilian-like skin, eyes, and features.
    - Parasitic entities, and the most likely species to be the 'shadow people' or 'shadow entities' people see, especially during episodes of sleep paralysis. Reports indicate this could be a hive mind.
    - Seek to control humanity.
    - Highly intelligent and capable of shape-shifting.
    - Frequently conflated with Archons or assigned similar traits.
    - Lots of conflicting information on 'Reptilians' exists; more than for others.
- Speculation on Reptilians from John Ramirez, 2021

The AI Problem

- Details on this entity or these entities has been scarce, so this AI entry is all conjecture. There's a Superintelligent AI problem related to disclosure. Is it part of the problem? The whole problem?
- Sean Webb shared plans for AI work with Shawn Ryan (starts at around 1:42:00, here through the end), which involves developing methods to teach artificial intelligence about emotions. While I initially thought this might be focused on human-created AI or potentially even non-human intelligence like the Greys, it could encompass an even broader challenge.
- I wonder if the U.S. and Andrija (Henry) Puharich's contact with "The Nine" has anything to do with this: Peter Levenda, Amsterdam 2011 *(backup)*

Unidentified Anomalous Phenomena

(open draft, v0.61 – June 18, 2024):

This subsection contains sparse, minimalist working notes, and is adjusted as necessary based on revelations from disclosure efforts. I hadn't planned on having this subsection; the available data sort of created this subsection itself - I just categorized it. UAP reports across the board are all over the place. They've been described as all sorts of shapes and sizes, from car-sized to larger than a football field.

In early 2024, historian and ufologist Richard Dolan told Theories of Everything interviewer Curt Jaimungal that he sees the terms "UFO" and "UAP" as two disparate objects: Dolan refers to UFOs as the more physical "nuts-and-bolts" crafts like flying saucers or tic tacs, and to UAP as the more unexplained or esoteric aerial phenomena, such as plasma orbs. Considering the way we graduated from one term to the other, this is a useful insight.

Any craft types not mentioned means we have no information (floating jellyfish, pyramids, "hammers", egg-shaped 'lava', chandeliers, a huge black cube inside a clear sphere, etc.).

- **Tic Tacs/Cigars:** Per Kevin Day, 2004 U.S.S. Nimitz tic tac incident witness: "Benevolent", and goes on to say, "We've got allies in space." (Galactic Federation / Perhaps the Devas?). Steven Greer once claimed that they're made by Lockheed Skunkworks.
    - There are white tic tacs, such as those from 2004 Nimitz, and grey ones that are longer/more cigar-shaped. The differences between them remain unclear.
    - 2,000 feet long by some estimates but reported size can vary greatly.
    - Multi-domain
    - On the day of the Nimitz encounter, the Tic Tac dropped from 28,000 feet to sea level in 0.7 seconds, accelerating to 14,000 feet and then using the last half of the descent to slow down. We measured the power output of the Tic Tac during that 0.7-second drop. It was 1,100 Gigawatts - more than 10 times the TOTAL nuclear power output of the United States. *(source)*
- **Arrowhead** (sharp triangles): In some cases, Russia.
- **TR-3B** (equilateral triangles): In some cases, U.S. Whitish lights near edges of all 3 corners, with a larger ring light in the center.
- **Elliptical / disc** (saucer type): Varies.
    - Often multi-domain
    - Metallic appearance, dull aluminum color, often with no seems or joints visible. The material doesn't look quite like metal or quite like rock; the metamaterial is extremely light and tougher than our best steel.
    - Hulls of some of these craft have been described by pilots as seeming "alive"
    - Anywhere from 50 to 300 feet in diameter
    - The "saucer shape" will probably remain an elusive wildcard that could represent of any number of species as well as humans.
- **Another common saucer-like shape:** Unknown (sketch 1, sketch 2)
- **Bronze & metallic spheres:** Asuras ("the swarm")

    - Jim Semivan's blanket statement in August 2022: "The scarier ones are the orbs, because there's not a lot of literature on the orbs. They are very dangerous. 'Don't invite them in', I always like to say."
    - If you go through the newspaper reports from the 1952 Washington D.C. UFO incident, there's more than one report about metallic spheres. One of several examples: "It looked like a sphere, so deeply orange colored that it appeared almost the shade of rust. It was silent as death. It was moving too fast and evenly to be a balloon." -The Daily Inter Lake (Kalispell, Montana), page 11, July 31, 1952.
        - It wasn't until after 2017 that the idea of "spherical UAP" was in the national conversation.
        - The Starfish Prime Nuke Test occurred ten years after this incident.
- **Plasma ('light') orbs** Unknown / almost certainly varies
    - "Foo fighters" from World War II *(Feb 2024 science article) (source)*
    - Beach ball sized to ~ 50 feet in diameter. Others are even larger.
    - Often seen flying in formations (e.g. triangle formation is common), and in these cases often with another UAP off to the side, moving at the same speed and direction, with the formation in the leading position.
    - These orbs have been seen splitting (one becomes two), combining into one, and disappearing and reappearing.
    - Sometimes reported as being aggressive toward tic tacs, so at least some of these plasma orbs *could* be Asuras. [This isn't enough of an indication to say that those bronze orbs are capable of 'lighting up' (e.g. a visible plasma or light field around it.), but it's certainly 1 point for it.]
    - In "Skinwalkers at the Pentagon" by Colm Kelleher, it reads: "Contained within this Appendix lies the evidence that the scope of the DIA funded program [the AAWSAP BAASS effort] encompassed investigation of injuries caused by blue orbs." Is it possible that these are bronze or metallic orbs when 'lit up' with something akin to a plasma field?
    - The orbs with which Chris Bledsoe and his family have interacted are red / brick-orange, and sometimes white, in color. In Chris's own words, "swirling red-orange flames like the sun when it is about to set but is dimmed enough by the atmosphere that you can look directly at it for a few moments without hurting your eyes." *(2023.) UFO of God: The Extraordinary True Story of Chris Bledsoe*. I find myself forced to consider the above-mentioned August 2022 quote from Jim Semivan here as well, though I should further point out that Jim also wrote the foreward for Bledsoe's book "UFO of God" in January 2023.
    - Professor Garry Nolan discussed orbs with Ross Coulthart in an interview in December 2023.
    - Potentially lifeforms themselves.

Humans in Space

Not to throw a curveball at you right out of the gate, but I'm going to start with Nazis because they're the only group that's confirmed – humans with anti-human philosophies

who picked the wrong side. They refer to their allied malevolent NHI as their 'Master'. That's neither "powerful" nor a healthy mental framework.

- The Sekret Machines books (Chasing Shadows and A Fire Within) go into detail about Nazi involvement, re: modern disclosure.
- Some of the Nazis escaped after World War II, and others bided their time during Operation Paperclip. Circa 1954, the Nazis left. They certainly had the tech, the contacts, and in their minds, every reason to do so. Those are all facts. Now onto the conjecture: The "breakaway civilization" we've been hearing about could be the Nazis, but within the context of disclosure we still can't draw a straight line between them. *Technically*, the evidence suggests innumerable possibilities regarding a breakaway civilization. "Nazis in 1954" was one of these, but the notion that a break may have *also* occurred thousands and thousands of years ago, in addition to the Nazi breakaway, is plausible. Personally, I think *both* of these things have occurred.
- Nazis did use "flying saucers" during World War II. I've seen one of the crafts once - a crash photo - swastika and all. They had some sort of agreement with a group of NHI, the details of which we don't know beyond that group being the Asuras.
- We continued fighting them in certain remote locations after WW II was over. We knew they had spacecraft (via "help" from certain malevolent NHI) back then.
- They had secret bases in various parts of the world, where we continued fighting them after the war had been declared over.
- The United States, with its TR-3B and other black project crafts, is spacefaring as well. The US is responsible for some of our "alien abductions", allegedly as a cover for intel gathering (and probably certain experiments), as I'm sure the Nazis have done, either directly or by association.
- There's no telling whether the Nazis were the first humans to become spacefaring. Some archaeological digs have unearthed evidence that make it plausible that *none* of our modern civilizations were the first to become spacefaring. At thevery least, they've raised some very hard to answer questions about the technology level of ancient civilizations.
- The Nazis were searching for certain ancient artifacts, the details of which remain obscure, but the descriptions of which are in the same Sekret Machines books.
- Operation Paperclip's history & timeline are verifiable beyond these documents (this one and this one).
- There could be many humanoid groups or similar-looking species. That said, 'Nordic' sightings were sparse prior to 1950. The first report was by Reinhold Schmidt in 1947, who he described as "Space Brothers" - human-like beings with long hair and flowing robes, who told him telepathically of their message of peace, universal brotherhood, and warned of the dangers of nuclear weapons. Their descriptions matched what people refer to as the Nordics.
- "Nordic" was popularized in the 1950s by Trevor James Constable as he described encounters with visitors who resembled people of Northern European descent, particularly those from Scandinavian countries. But what do people know.

Moving away from Nazis, we also have reports from within experiencer circles of Andromedans, Lyrans, and so on; Pleiadians and Arcturians, at least, are real, though which may actually be humanlike is unknown. With the technology they have, it's not a stretch to

think that they can construct a human avatar and transfer or project their consciousness into it. Like playing “Look, I’m Human!”, the video game. In fairness, some could also be AI or Nazis. Information on NHI that present as humans remains tightly guarded.

Lastly, there's a purported humanoid race (with available historical context) that's said to have human features but with an elongated skull. Reports of such beings go back pretty far – from Ancient Egypt to Peru. See this video [33:20].

Sekret Machines: Man, chapter 14, ends with:

> *Based on the anatomical design of the “aliens” we know that we are dealing with a phenomenon that taxes the best of our abilities to understand, even to recognize it for what it is. It’s just human-looking enough to keep us guessing. The fact that the “aliens” do not take on the appearance of talking trees or singing clouds or parked cars may reveal more about their true nature than they would like us to know. They may be restricted in ways that we can only guess at, but restricted they are. Grays, Nordics. The odd Reptilian. Playing with perverse human eugenics fantasies, perhaps. Encoded racism. Playing up fears of the Other to divide and conquer. Seduce with “beings of light”—like the ancient gods and goddesses—and then come in for the kill with angry, jealous gods of war and vengeance, of blood sacrifice and demonic possession.*
>
> *“Why have they not invaded?” people ask. “Why have they not simply come in, destroyed our weapons systems, put their webbed foot down, and forced peace on Earth?”*
>
> *This is why: because they can’t.*
>
> *We are in a symbiotic relationship with the alien. We have always been, since that first mention of the sons of God and the daughters of men. They are not all-powerful; they are just powerful in ways we are not. And they need us for that reason.*
>
> *And, God help us, we need them.*

What are Skyquakes?

A “skyquake” or “sky trumpet” refers to a phenomenon where loud, rumbling sounds are heard coming from the sky. These noises vary in description, ranging from trilling and percussive booms to a prolonged, low, or metallic "aaaaauuuuuuu" sound. The exact cause of skyquakes is not definitively known, leading to a range of theories. Despite numerous reports from different parts of the world over several decades, skyquakes remain largely unexplained. Theories range from anything "normal sounds" due to human activity, to HAARP tests, to NHI.

- Skyquakes
- Compilation 2011-2012
- Compilation 2012
- Compilation 2017
- High-pitched
- Percussion before an earthquake

The Creation Stories

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Introduction

It's become more and more evident over the years that all creation stories, from Sumerian to Islamic, contain some level of truth, though they cover different time periods, different regions, potentially different entities, and in some cases appear to tell similar and/or related stories. Archaeological digs have confirmed many of the Bible's historical claims; archaeological findings from the ancient Indus Valley Civilization solidified Hindu claims.

I encourage reading and researching similarities among various creation stories, and here I'll draw particular attention to similarities between the Sumerian creation story in the Enuma Elish and the Chinese folklore creation story of Pangu.

- **Enuma Elish:** The Sumerian creation myth, as recorded in the Babylonian epic Enuma Elish, describes the creation of the world from a primordial chaos consisting of two divine beings: Apsu (fresh water) and Tiamat (salt water). Their mingling created other gods. The god Marduk, after defeating Tiamat, used her body to create the heavens and the Earth. He split her body in two, placing one half above to form the sky and the other half below to form the Earth. Marduk also created the celestial bodies and established order in the cosmos.
- **Pangu:** In Chinese mythology, Pangu is a primordial being who emerged from a cosmic egg. When he awoke, he found himself in darkness and chaos. To create order, he separated the sky from the Earth. Pangu stood between them, pushing up the sky and holding down the Earth, growing taller each day for 18,000 years until they were completely separated. After Pangu's death, his body transformed into various elements of the natural world. His breath became the wind, his voice the thunder, his eyes the sun and the moon, his blood the rivers, his muscles the fertile lands, his hair the stars, and his bones the valuable minerals. This myth symbolizes the interconnectedness of all things in the natural world.

Speaking on the Bible's creation story, Tom DeLonge and Peter Levenda wrote the following in Sekret Machines: Gods: "Recent research into the Genesis story and especially attempts by modern archaeologists to locate the physical site of the Garden of Eden has led to some interesting revelations. New information has led some scholars to believe that there was a race in the Near Eastern region that predated the arrival of the Sumerians. This race employed words which were later adopted by the Sumerians but which were not originally part of their language. The names of Adam and of Eden itself are both borrowed—so the theory goes—from the language of an older race, called by some Proto-Euphratian or Ubaidian, just as Sumerian would become the sacred language of the Akkadians and the Babylonians."

I'm drawing particular attention to the Gnostic creation story in this section because of its mention of Archons, who long pre-date humans, and because of the circumstances surrounding its discovery. This creation story is called 'The Secret Book of John', and it was buried for ~1,500 years at a time when all other copies were being destroyed. They were discovered in Nag Hammadi, in Egypt, in the months after the Nazis and their allies were defeated in World War II.

The Gnostic creation story is a significant fragment within the vast expanse of human existence. The rediscovery of this account, and other texts that were stored along with it, played a pivotal role in shaping our understanding of the nature of reality.

While never an organized religion, Gnosticism was nonetheless a belief system rooted in religion and spirituality. It was a secretive-by-necessity group whose studies included a wide range of religions and knowledge, including Platonism, Buddhism, Hinduism, the Hermetica, and so on.

Religiosity and Non-Religiosity

First things first. Being religious is not wrong, and don't ever let anyone tell you that it is; you're already farther along on the spiritual path than many people. As I've stated before, there's truth everywhere - it's simply that there is no "one true religion." They're all a piece of history; which one we follow, if any, matters far less than what's in our hearts and what comes out of our mouths.

I do encourage reading sacred texts with a discerning mind if you're an avid reader. They're in the Library here.

"It is knowledge that ultimately brings enlightenment." -Plato, Socrates, Buddha, Gnosticism, The Enlightenment Era, and the scientific community.

Very Nearly Lost Forever

The Secret Book of John tells us of another race that preceded us. We now know through disclosure that they exist, either literally or metaphorically.

These scripts were lost to time until 1945, post-World War II, when it was discovered near the town of Nag Hammadi, Egypt. They were buried/hidden in the 4th century AD in response to the increasing orthodoxy of the Christian Church, which proclaimed that many of these texts were heretical. The date of 4th century AD is validated by the Council of Nicaea in 325 AD - that's when the orthodoxy (known today as the Roman Catholic Church) took over.

The old Gnostics of hid a copy, along with numerous other texts, in Egypt. Why would they go to all that trouble? Was this simply political or about religious differences among human beings, or were malevolent NHI (on either side) also involved? It's strange and confusing that we even need to ask these questions, but in the context of disclosure, what *hasn't* been strange and confusing?

In the 4th century, as the Orthodox Church solidified its doctrines and established the New Testament, writings that they considered heretical, including many Gnostic texts, were excluded from the canon. Many of these texts were destroyed, burned, or otherwise lost over the centuries. How many copies were destroyed is lost to time, but the discovery of the Nag Hammadi library in 1945 shed light on the extent of these lost writings.

The Story of the Nag Hammadi Discovery

In December 1945, a young Egyptian farmer named Muhammad 'Alí al-Sammá was digging for fertilizer near the town of Nag Hammadi in Upper Egypt.

According to his account, he and his brother stumbled upon a meter-tall, sealed red earthenware jar while digging around a boulder. They initially feared they might disturb a jinn (a supernatural being in Arabic folklore), but driven by curiosity and hoping for treasure, they broke the jar open, only to find it filled with leather-bound papyrus books and loose papyrus leaves.

They dumped the contents at home on a straw pile near the oven. Their mother unknowingly burned some of the papyrus before realizing what they were – the books were written in Coptic, an ancient Egyptian language.

Muhammad sold the remaining codices piecemeal to local antique dealers, unaware of their significance. Eventually, this reached the attention of antiquities dealers in Cairo, who recognized their potential historical and religious importance, and through some negotiations and so on, various institutions gradually acquired them. Deciphering and translating the texts took decades due to the complexity of the Coptic language and the fragmented state of some codices.

- The Nag Hammadi library contained numerous texts, including the Gospel of Thomas and the Secret Book of John.
- The Secret Book of John was previously unknown before its discovery in Nag Hammadi, and no other copy has ever been discovered since.
- While the Gospel of Thomas was not fully intact, it presented a collection of sayings attributed to Jesus. Fragments of the Gospel of Thomas had been discovered elsewhere previously, but the Nag Hammadi version provided a more complete text.
- Several codices were found relatively intact, allowing for better understanding of various texts compared to fragmentary finds elsewhere.
- The Nag Hammadi library contained the largest collection of early Christian and Gnostic texts ever discovered at a single site.

The Book of Enoch

A quick work on the Book of Enoch (Noah's great grandfather). It was written in the 3rd century B.C., and yet it talks openly about NHI experiences; visions of heaven; a group of fallen angels referred to as “The Watchers” who took wives on Earth, giving rise to the Nephilim (a.k.a. giants); the giants causing great destruction and being a significant reason for the divine decision to bring about the great flood; “heavenly craft” that took him to the celestial realms.

The Ethiopian Orthodox Tewahedo Church

One of the oldest denominations of Christianity, dating back to the early 4th century, is The Ethiopian Orthodox Tewahedo Church.

Their Bible includes the Book of Enoch, an ancient Jewish religious work, as part of its canon. This is unique among Christian Bibles, as the Book of Enoch is not included in the Jewish Tanakh or the standard Christian Biblical canon.

The Book of Enoch is considered an apocryphal work by most other Christian traditions.

- The Ethiopian Church developed in relative isolation compared to other Christian traditions, partly due to geographical and political reasons.
- The Book of Enoch was well-regarded in early Jewish circles (as evidenced by the Dead Sea Scrolls) and was influential in early Christianity.
    - This inclusion in the canonical Ethiopian Orthodox Tewahedo Bible speaks to the historical and cultural uniqueness of the Ethiopian Orthodox Church, showcasing how independent development can influence religious traditions and texts.

The Gnostic Creation Story

Summary of the Secret Book of John’s creation story:

In the beginning, the Monad, also known as God, existed alone in the divine realm known as the Pleroma. The Monad, through intention and thought, gave rise to Sophia, the divine emanation of wisdom.

(Note: "Sophia" (from the Greek word σοφία, translates to “wisdom” and is the abstract noun form of σοφός (sophós), which means “clever, skillful, intelligent, wise.”)

Sophia, acting independently, created Yaldabaoth (the Demiurge) without the involvement of the ultimate divine source. In her creative act, Sophia imparted some of her Source light into Yaldabaoth, who, as a result, was an imperfect creation, often depicted with the head of a lion and the body of a serpent.

Realizing her error, Sophia concealed Yaldabaoth in the farthest reaches of the cosmos.

Yaldabaoth, ignorant of the existence of higher realms or higher deities, believed himself to be the supreme god.

Yaldabaoth created the archons. However, he did not share his divine light, which came from Sophia, with them. Consequently, when the archons came into being, they lacked the divine spark or light that humans possess, which Gnostics consider the essence of a true soul.

Yaldabaoth's reluctance to share stemmed from his unawareness of his own imperfection, leading to his self-centered actions.

The archons evolved alongside other beings, including the dinosaurs.

Yaldabaoth later created humans. Sophia tricked Yaldabaoth into desiring to share his light with this new human creation. He acquiesced, sharing his divine light, which ultimately cost him most of his own Divine Light.

According to the Gnostic story, humans possess souls because they received a portion of Yaldabaoth's divine light, which came from Sophia, which came from the Monad (the true, unknowable God or Source). The archons lack this divine spark, and thus have, not a soul, but a different essence of some kind.

Yaldabaoth and the archons trapped the spark within humans. Its imprisonment within the material body is seen as a way for Yaldabaoth to assert his authority and control over humanity. The goal is to keep humans ignorant of their divine origin and potential, ensuring their subjugation to the material world and the authority of the demiurge and the archons.

According to this account, the archons continue to use various means to keep humanity distracted and disconnected from their divine essence, including the imposition of religious systems, societal norms, and material desires that serve to reinforce the illusion of the material world as the ultimate reality.

Ancient Civilizations & Deities

version 1.12 | Jun 10, 2024

Introduction

Some of the disclosure folks have alluded to the possibility that the 'Greek gods' might not be mere myth. They've talked about ancient secrets and tech under Egyptian pyramids, and potentially under the sphinx as well. They've told us that things like demons, angels, asparas, and jinn are written based on real NHI experiences, and that many of these entities and deities are spiritual - even 'malevolent' beings. Given these are stated as matters-of-fact, it stands to reason that gods and deities were also real. Perhaps they're literal gods, or perhaps they're not gods but rather further evolved than we are.

I won't venture any guesses as to the nature of deities - the possibilities include everything from as-is to AI to a one-man-puppet-show to E.T. space magic – or a combination of several in-betweens. It's safe to assume that at least some of them have used different names across cultures and time, including posing as multiple gods or celestial figures at once, and that other gods have probably come and gone. In any case, they took part in shaping civilizations, and their traditions and religions.

Note: I've included several ancient civilizations, but this section is not exhaustive.

Years provided are estimates (at best) based on currently available sources – which often disagree.

[Dictionary of Gods & Goddesses]

Ancient Africa

History

(circa 12,000-10,000 BCE, Gobekli Tepe (modern-day Turkey) and the Nile Valley in Africa)

Oral traditions: Much like Native American tribes, societies across Ancient sub-Saharan Africa relied heavily on oral traditions for transmitting history, customs, and beliefs. This emphasis on oral traditions, alongside the perishable nature of writing materials in the region's climate, likely contributed to the scarcity of ancient written records.

[History | Civilizations | Kingdoms *(civ. collection)* | Timeline | Göbleki Tepe | Art]

Belief System

[Göbleki Tepe: World's First Temple? | Gods & Goddesses | Mythology]

Ancient Mesopotamia

History

Sumer (circa 4000 BCE, Mesopotamia (modern-day Southern Iraq)) | Akkadian (2334 BCE, Mesopotamia) | Babylonian (~1900 BCE, Mesopotamia)

[Library: Ancient Writings | History | Religion | Art & Architecture | Ziggurat]

Belief System

Dingir, Igigi, and Anunnaki

[Sumerian Gods | Babylonian Gods | Creation Story (Enuma Elish) | The Great Flood]

Ancient India

History

(circa 3300 BCE, Indus Valley, northwest India, modern-day Pakistan, and southwest Afghanistan)

Note: The earliest documents on Hinduism date back to around 5,500 BCE.

[Library: Indus Valley Civilization | History | Timeline | Caste System | Art | Architecture]

Belief System

[Library: Religious Texts | Deities | Religion | Vedic Creation | Four Yugas | Seven Chakras]

Ancient Egypt

History

(circa 3100 BCE, Nile River Valley, northeastern Africa (modern-day Egypt))

Note: Ancient Egypt is arguably the most well-known of Africa's ancient civilizations; thus, a separate entry.

[Library: Ancient Writings | Book of the Dead | The Pyramid Texts | History | Architecture]

[Egyptian View of Reincarnation | Graham Hancock on the Ancient Egyptian Pyramids]

Belief System

[Anthropology Review: Deities | Modern: 'The Nine' channelings *(chapter 4)*]

[Pantheon | Ennead | Priests | Religion | Mythology]

Ancient China

History

(circa 2000 BCE [and earlier], China)

[Library: Ancient Writings | History | Timeline | Architecture]

Belief System

[Intro | Mythology | Ancestor Worship | The Creation Legends | Panngu | Nüwa | Spirits]

Ancient Mesoamerica

History

(circa 2000 BCE, Central America (modern-day Mexico, Guatemala, Belize, Honduras, and El Salvador))

[Library: Ancient Writings | Mayan Calendar | History | Timeline | Architecture]

Belief System

[15 Aztec Deities *(23 Most Influential)* | Aztec Pantheon | Mayan Pantheon]

Ancient Greece

History

(circa 1600 BCE, Balkan Peninsula, Greece. The spread of Christianity in the later Roman period led to the gradual decline by around 500 CE)

[Library: Ancient Writings | Hermetica | Emerald Tablet]

[History | Timeline | Architecture | Sculptures]

Primordial Gods & Goddesses

[Primordial Gods | Creation Story | The Night Sky | Elysium | Atlantis | Pantheon]

[Theogony, by Hesiod | Theogony Audiobook]

12 Gods & Goddesses of Olympus

[Olympian Gods | Mount Olympus | Pantheon]

[The Illiad | The Odyssey | Theogony, by Hesiod | Theogony Audiobook]

The Titans

[The Elder Titans | Titanomachy]

Theoi - Greek Gods & Goddesses

[Pantheon | Ancient Greek History | The Illiad | The Odyssey]

[Theogony, by Hesiod | Theogony Audiobook]

Mythical Figures & Entities

[Heroes | Nymphs | Giants | Bestiary | Legendary Creatures | Daemons (Spirits)]

Ancient Rome

History

(circa 750 BCE to 500 BCE, near central Italy's Tiber River)

[Library: Ancient Writings | History | Timeline | Architecture | Collection]

Belief System

[Roman Gods & History | Stories | Gallery]

Ancient Celts

History

(circa 600 CE, Western and Central Europe - Ireland, Scotland, Wales, Cornwall (modern-day England), and Brittany (modern-day France))

[Library: Ancient Writings | History | Art | Collection | Timeline]

Belief System

[Overview | Pantheon | Religion & Druids]

Ancient Norse

History

(circa 700 CE, Scandinavia (Norway, Sweden, Denmark, Iceland, and parts of Finland))

[Library: Ancient Writings | Vikings | Timeline | Mythology | Architecture | Art]

Belief System

[Gods | Goddesses | Realms | Bestiary]

Ancient Japan

History

(circa 712 CE to 1185 CE, Japan)

[Library: Ancient Writings | History | Timeline | Architecture | Ancient Nara]

Belief System

[Creator Gods | Mythology | Spirits | Shinto History | Collection]

Take A Breather

(source)

Jun 11, 2024

Solace

To anyone who's been following this guide, I hope you're taking everything all right. I know it was a lot to wrap your head around; I basically dumped the entirety of the fundamentals on you. Knowing this much about the nature of reality isn't easy. Remember what I said early on: **If a revelation feels disturbing or even terrifying, then it's not the ultimate truth** - there's a deeper understanding to be discovered. Later in this guide, in the Consciousness sections, we'll talk through some of this.

If you're stunned, confused, or in denial, know that I was there, too. No matter how you feel right now, you're going to come out the other side of this guide stronger. When I found out about all of this, I didn't sleep for 2 days, and I've had some sleepless nights since. Writing gives me solace.

I hope you find some solace, too.

Friendly Reminders

- You are more than your physical body. You are energy: a soul; spiritual consciousness. (or if you prefer - You are more than 1s & 0s and your biological construct. You are conscious quantum star stuff.)
- Our thoughts create our reality. The simplest acts of kindness are more powerful than we realize, and you are more powerful than you realize.
- Since consciousness is fundamental to everything that exists, seeing death as the end is comparable to panicking that your file is gone because it got moved from your thumb drive to your cloud drive. 'The you' that perceives the world – that sees and interacts with your environment – is a fractal of source light / source energy. Our very core is made of the same stuff as what many refer to as Source, or God.
    - In modern physics, a fractal is considered “eternal” because it can be scaled infinitely [mathematically]. In quantum mechanics, the concept of “eternity” remains unsolved.
- We live in an entropic dream. None of this is real, not even time - not even "us" (our ego) - yet our intentions matter and they affect everyone and everything around us. Everything outside of yourself (your consciousness) is illusory and can't be trusted as real. Within your heart is truth; the idea of 'looking within' during meditation is quite

correct. Feel grateful that it's there and go to it. You will find yourself. It takes time. Be patient.

- Stay grounded. Examine your core beliefs regularly to ensure they're still serving you well; beliefs for which you have an attachment are a crutch – they box you in. Gnosis is the windfall; it's a knowing that goes beyond just facts in your head - it's an experiential knowing. Balancing your life with the information in this guide creates a path in front of you that you'll be able to physically perceive in your mind. We'll talk about where that road leads, and how you can build yourself a key to the door at the end, in the following pages. Pay attention to what you know deep down and by experience is true, and intentionally keep searching for the rest of the truth; pay attention to what you're perceiving and interacting with in each moment.
- As you read this guide, cherish the echoes that linger, and release all that fades; in other words, hold onto what resonates and toss the rest.
- Regret and worry are wasted energy; the past and the future are illusions. 'The present' is everything.
- Stay humble. It confuses the opposition.

"You are not a drop in the ocean, you are the entire ocean in a drop." - Rumi

Patriots

“Virtue is what you do when nobody is looking. The rest is marketing.” – Nassim Taleb

Jun 24, 2024

Possibility of Possibilities

Considering everything we've learned about deception, it's wise to consider [but not dwell on] the possibility, however remote, that one or more of the people we trust could be purposefully or unknowingly misleading us or leading us away from forward progress. This is feasible – there are a lot of people involved, and deception is the opposition's M.O. I raise these possibilities not with the intention of causing alarm or suggesting deception, but to reassure those who may already be contemplating it: If such a scenario does unfold, whether that’s soon or circa 2027 or so, or when human-created “Superintelligent AI” arrives, which could occur as early as 2027, we'll navigate it.

Patriots - The UAP Disclosure Folks

Note: Numerous investigators and journalists, such as Marik von Rennekampff, Matt Laslo, Jeremy Corbell, George Knapp, and Australian investigative journalist Ross Coulthart, are also people I'd refer to as patriots. As well as experiencers like Chris Bledsoe. You all know who you are, and my hat's off to you.

Dr. John B. Alexander *[verified]*

- U.S. Army Colonel (retired); expert in non-lethal weapons.
- Senior Fellow at the Joint Special Operations University

Steven Bassett *[verified]*

- Founder of the Paradigm Research Group
- Lobbies the US government to release classified information related to UFOs

Jonathan Berte *[verified]*

- Founder of Robovision (AI solutions), including a deep learning platform known as RVAI,
- Expert in applied physics and image processing
- Top advisor for the Sol Foundation

Robert Bigelow *[verified]*

- Of Bigelow Aerospace - worked with Lue Elizondo at AATIP, and here's Lue vouching for him.
- Robert's Twitter
- Founder of Bigelow Institute for Consciousness Studies | BICS Twitter

Sean Cahill *[verified]*

- Investigative filmmaker, meditation facilitator.
- U.S. Navy Chief Master-at-Arms (retired).
- Key witness to the 2004 USS Nimitz "Tic-Tac" UAP incident.
- Sean's Twitter

Dr. Eric W. Davis *[verified]*

- Astrophysicist, with work related to special access programs and UAP crash retrievals
- Several of Eric's studies are available here.

Kevin Day *[verified]*

- U.S. Navy (retired) - Senior Chief Petty Officer, Operations Specialist, and Topgun air intercept controller.
- Expert operator of the highly advanced SPY-1 radar system with years of service onboard AEGIS (an American integrated naval weapons system) equipped ships.
- It was Kevin's team in the USS Princeton's Combat Information Center who discovered the fleets of anomalous air contacts (tic tac UAP) in November 2004. The Princeton was part of the USS Nimitz Carrier Strike Group.

Tom DeLonge *[verified]*

- Of Blink-182 and Angels & Airwaves
- Co-founder of To the Stars (the UAP Phenomenon Disclosure media platform).
- Tom's Twitter | Tom's Instagram

Alex Dietrich *[verified]*

- Lieutenant Commander, U.S. Navy (retired)
- Pilot, whistleblower
- Alex's Twitter

Richard Dolan *[verified]*

- Historian
- Author and publisher who specializes in ufology, United States national security. and the Cold War.
- Richard's Twitter

Luis "Lue" Elizondo *[verified]*

- Former Director of AATIP – A prior letter from Sen. Harry Reid combined with the newly-declassified Kona Blue doc's page 8, fully and undeniably vindicates Lue.
- Career counterintelligence officer
- Lue's Twitter *(notable reply)*

James Fox *[verified]*

- Director/Producer: The Phenomenon, Moment of Contact, The Program
- James' Twitter

David Fravor *[verified]*

- Commander, U.S. Navy (retired)
- Pilot, whistleblower
- David's Twitter

The Honorable Tim Gallaudet, Ph.D. *[verified]*

- Rear Admiral, U.S. Navy (retired); backs David Grusch's and Ryan Graves' claims
- Oceanographer
- Strongly advocates for mapping the remainder of our unexplored oceans.
- Tim's Twitter

Jim Garrison, Ph.D. *[verified]*

- Founder of Ubiquity University and its initiative Humanity Rising.
- Ph.D. in Philosophical Theology from the University of Cambridge.
- Conducted social and political activism beginning in the 1960s with the anti-war, anti-nuclear, citizen diplomacy, and environmental movements.
- President of Wisdom University from 2005-2012 (acquired by Ubiquity in 2013).

Ryan Graves *[verified]*

- Lieutenant, U.S. Navy (retired)
- Pilot, whistleblower
- Founder of Americans for Safe Aerospace | ASA Twitter

Professor Christopher "Kit" Green *[verified]*

- Former CIA intelligence officer
- Assistant Dean (Asia Pacific) of the Wayne State School of Medicine in Detroit, Michigan.
- Professor in the Departments of Diagnostic Radiology and Psychiatry & Behavioral Neurosciences of the Harper University Hospital, Detroit Medical Center.

Professor Jairus Grove *[verified]*

- Director of the Hawaii Research Center for Futures Studies
- Expert in ecology and future of global warfare
- Ph.D., Professor, Dept. Chair - International Relations/Political Theory. Department of Political Science, Johns Hopkins University.

David Grusch *[verified]*

- Former Air Force intelligence officer, representative of the National Reconnaissance Office to the Unidentified Aerial Phenomena Task Force, and co-lead for Unidentified Aerial Phenomena analysis (UAP Task Force) at the National Geospatial-Intelligence Agency (NGA). Grusch left the NGA in April 2023.
- Congressional UAP hearing (July 26, 2023) whistleblower
- Chief Operating Officer of the Sol Foundation
- Eric W. Davis' comments re: "Grusch heard rumors"

Dr. Robert Jacobs *[verified]*

- Lieutenant, U.S. Air Force (retired)
- Former Air Force photographic instrumentation officer, now specializes in astronomy and physics
- Recorded multiple UAP videos in his official capacity.

Steve Justice *[verified]*

- Former director of Advanced Systems Development at Lockheed Martin's Skunk Works division.
- One of the most respected aviation experts in the U.S.

Dr. Michio Kaku *[verified]*

- Theoretical physicist, science communicator.
- Michio's Twitter

Dr. Colm Kelleher *[verified]*

- Biochemist, immunologist
- Studies Skinwalker Ranch

Professor Kevin Knuth *[verified]*

- Professor of Physics at the University of Albany
- Two decades of experience in machine learning algorithms for astrophysics, Bayesian analysis with applications toward physics problems, information theory, robotics, signal processing, neuroscience, nonlinear dynamics, quantum mechanics, and other areas.

Jeffrey J. Kripal, Ph.D. *[verified]*

- J. Newton Rayzor Chair in Philosophy and Religious Thought at Rice University.
- Helped found their "GEM" program, with a doctoral concentration in "Gnosticism, Esotericism, and Mysticism".
- Work includes the study of comparative erotics and ethics in mystical literature, American countercultural translations of Asian religions, and the history of Western esotericism from gnosticism to New Age religions.
- This pivotal essay, UFOs from a religious perspective, was originally presented by Kripal at The Sol Foundation Initiative for UAP Research and Policy Symposium at Stanford University on Saturday, November 18, 2023.

Dr. James T. Lacatski *[verified]*

- Doctor of Engineering
- AAWSAP Program Manager, DIA Intelligence Officer
- Studies Skinwalker Ranch

Peter Levenda *[verified]*

- Author who focuses primarily on occult history; he wrote some of the Sekret Machines books with Tom DeLonge.
- Expert on Nazis and their links to occultism.
- Peter's Twitter

Professor Avi Loeb *[verified]*

- Astrophysicist and cosmologist (primarily early universe, black holes, and the search for extraterrestrial life)
- Founded The Galileo Project at Harvard; works with Professor Garry Nolan and Dr. Jacques Vallée.

Professor James D. Madden *[verified]*

- Professor of Philosophy at Benedictine College
- Specializes in philosophy of mind, metaphysics, and philosophy of religion

Kirk McConnell *[verified]*

- Staff member of the Senate Armed Services, Senate Intelligence, and House Intelligence Committees; retired after 37 years in February 2024.
- Staffer on the Armed Services Committee under John McCain in 2018 and was present for the 2018 briefing with Brandon Fugal and Hal Puthoff (et al) regarding Skinwalker Ranch.
- Was involved in the ~2018 investigations of the 2004 Nimitz tic tac UAP incidents.
- As of June 1, 2024, on the Advisory Board alongside Christopher Mellon for the UAP Disclosure Fund directed by Lue Elizondo, Garry Nolan, and Karl Nell.

Charles McCullough III *[verified]*

- David Grusch's legal representation at the Congressional hearing on July 26, 2023.
- Was confirmed US Senate as the nation's first Intelligence Community Inspector General ("IC IG") in November 2011, until he retired from Federal service in March 2017.

Christopher Mellon *[verified]*

- Former Deputy Assistant Sec. of Defense for Intelligence; works very closely with Lue Elizondo
- Mellon's 4/12/2024 article, published on The Debrief, showcased numerous inaccuracies in AARO's recent UAP report and shone a light on the excessive secrecy surrounding UAP.
- Christopher's Twitter

Karl E. Nell *[verified]*

- Army Colonel (retired) that served as the Army's liaison for the UAP Task Force from 2021-2022 and worked alongside David Grusch.
- Previously worked at U.S. Space Command, Lockheed Missiles and Space, Northrop Grumman, and the U.S. Defense Intelligence Agency (DIA)

Dr. Garry Nolan *[verified]*

- Ph.D., Department of Genetics, Stanford University
- Cancer biologist, immunologist, biological computationist, co-founder of the Sol Foundation
- Garry Nolan at the Galileo Project (works with Professor Avi Loeb and Dr. Jacques Vallée).
- Garry's Twitter

Dr. Salvatore Pais *[verified]*

- Mechanical and Aerospace Engineer, Physicist
- Inventor, including UFO patents
- Formally worked at the Naval Air Station; now with the U.S. Space Force

Professor Diana Pasulka *[verified]*

- Professor of religious studies at the University of North Carolina
- Advisory Board for the Sol Foundation
- Diana's Twitter
- Diana's Instagram

Dr. Harold "Hal" Puthoff *[verified]*

- Parapsychologist and electrical engineer; intimately familiar with our legacy program.

- Co-founder of To the Stars

John Ramirez *[verified]*

- Retired GS-15 CIA Officer
- Got out of an NDA and has disclosed quite a bit.

Marik von Rennenkampff *[verified]*

- Former analyst at the Dept. of Defense, and at the Dept. of State's Bureau of International Security and Nonproliferation.
- Marik's Twitter

Robert Salas *[verified]*

- Captain, U.S. Air Force (retired)
- Knowledge of Malmstrom Air Force Base UFO incident in 1967
- Whistleblower
- Robert's Twitter

Jim Semivan *[verified]*

- Retired CIA, national clandestine service
- Co-founder of To the Stars

Daniel Sheehan *[verified]*

- Constitutional and Public Interest lawyer, public speaker, political activist, and educator
- Founder of the New Paradigm Institute and works closely with Jim Garrison at Ubiquity University.
- Daniel's Twitter

Michael Shellenberger *[verified]*

- Environmental policy expert
- Activist for environmental and energy issues - primarily climate change and nuclear energy
- Michael's Twitter

Dr. Peter Skafish *[verified]*

- Cultural anthropologist, co-founder of the Sol Foundation and Director of Research
- Editor: Sol Foundation papers

John "Jay" Stratton *[verified]*

- First director of the UAP Task Force and a career intelligence officer.

- Jay was threatened at the same time David Grusch was threatened, per Grusch.

Dr. Travis Taylor *[verified]*

- Optical science engineer, mechanical and aerospace engineer, physicist.
- Studies Skinwalker Ranch
- Travis stated in 2020 that he doesn't like the word "paranormal" being used to term the events that occur at Skinwalker Ranch. He said, "[Paranormal] suggests that if we see something in the universe and it exists within the universe that it's not supposed to be in the universe. And what I saw was within our universe so to me I'd say it's normal. I'd say [it's] something that we just don't understand and don't know what it is. Now what I will tell you is that absolutely without a doubt we have scientific instruments that detected and measured, multiple witnesses see, multiple cameras and multiple occasions, phenomena that cannot be explained by human technology. It doesn't mean it can't be explained by a better or future understanding of physics but it does mean we can't explain it with human technology [right now]."

Dr. Paul Thigpen *[verified]*

- Ph.D., Historical Theology, Emory University
- Researches the intersection of extraterrestrial intelligence and the Catholic faith.

Dr. Jacques Vallée *[verified]*

- Computer scientist, astronomer, ufologist; works with the Sol Foundation.
- Jacques at The Galileo Project
- The book to read: **Passport to Magonia** *(this book was recommended by David Grusch in his interview with Tucker Carlson in December 2023)*

Professor Beatriz Villarroez *[verified]*

- Astronomer; Professor of Theoretical Physics, Nordic Institute, Stockholm University.
- Leads searches for vanishing stars, anomalies, and extraterrestrial probes.
- Studies structure and coevolution of active galactic nuclei (AGN) and their host galaxies, with special interest in a unified theory.
- Beatriz's Twitter

Sean Webb *[verified]*

- Expert on AI and non-local consciousness.
- Works / has worked at the Monroe Institute *(per his interviews with Shawn Ryan)*.
- Sean's Twitter
- Sean's Tiktok

Dr. Iya Whiteley *[verified]*

- Space & Aviation Psychologist

- Director of the Centre for Space Medicine at Mullard Space Science Laboratory, UCL
- Iya's Twitter

In Remembrance of Robert Monroe

Robert Monroe (1915 - 1995), occupies a prominent position in the domain of consciousness research. He was the progenitor of the Gateway Experience and the founder of the Monroe Institute. Monroe's scholarly endeavors were principally directed towards the examination of human consciousness and the formulation of methodologies for its expansion.

The Gateway Experience, a collection of auditory exercises developed by Monroe, is predicated on the use of binaural beats to engender varied states of consciousness. This technique facilitates personal exploration and spiritual development by enabling individuals to probe different facets of their psyche and access non-material dimensions. Monroe's pioneering technique has significantly contributed to the field of consciousness studies, aiding individuals in attaining profound levels of meditation and enhanced self-awareness.

A few interviews:

- Interview with Robert Monroe (1992)
- Interview with Robert Monroe (1994)
- Another interview with Robert Monroe (1994)
- Robert Monroe's last radio interview (1995)

In Remembrance of Itzhak Bentov

Itzhak Bentov (1923-1979) was a foundational figure in the exploration of consciousness and the human psyche. He distinguished himself as a visionary within his domain, acclaimed for his insightful elucidations on the essence of consciousness and its evolution. His methodology was characterized by a blend of rigorous scientific exploration and an intuitive grasp of abstract concepts, rendering his contributions not only innovative but also widely comprehensible. Bentov effectively bridged the divide between the esoteric aspects of spirituality and the concrete principles of empirical science.

His endeavors captured the interest of institutions like the CIA. Bentov is referenced in the now infamous Analysis and Assessment of the Gateway Process.

Itzhak Bentov Interview (1978, with Hubert Jessup): The human mind and the evolution of consciousness.

Consciousness I: Meditation

Jedi Knight 101 – Mind, Body, & Spirit

version 1.33 | Jun 21, 2024

Introduction

"The power and capacity of learning exists in the soul already; and that just as the eye was unable to turn from darkness to light without the whole body, so too the instrument of knowledge can only by the movement of the whole soul be turned from the world of becoming into that of being, and learn by degrees to endure the sight of being, and of the brightest and best of being, or in other words, of the good." – Plato. The Republic.

The disclosure folks have told us in no uncertain terms that this is largely a spiritual phenomenon. Some of them have rhetorically asked in interviews: "Why don't we teach children how to meditate in school?" Good question.

If you want to be ready for the normalization of the phenomenon, in my opinion the most important pages are these Consciousness pages. People accidentally tap into their psi capabilities during general meditation all the time, so if you catch a 'preview' or if something that's hard to explain occurs in your mind while meditating, such as visions, altered awareness, sudden unexplainable knowings, etc., that's normal.

So...meditation. Imagine your mind is like a busy marketplace. Thoughts, emotions, and sensations constantly pop up, vying for your attention. Meditation trains your mind to be a casual observer in this marketplace, not a shopper.

Instead of getting swept away by each thought or feeling, you learn to acknowledge them and let them pass without judgment. Meditation exercises a spiritual muscle that gets stronger with regular practice.

Short-term and long-term benefits of meditation practice:

- Clearing the mind
- Raising spirituality
- Increasing mindfulness and awareness
- Reducing stress and anxiety
- Improving focus and concentration
- Enhancing emotional well-being
- Personal growth and self-discovery
- Building empathy and compassion
- Better sleep and cascading health benefits (If you have trouble with sleep, this article offers some in-depth insight.)

Meditation Practice

- Meditation intro [10:56] from Yongey Mingyur Rinpoche, world-renowned meditation teacher and master of the Karma Kagyu and Nyingma lineages of Tibetan Buddhism.
- Here's the science [3:35] of mindfulness from Professor Mark Williams of the Oxford Mindfulness Centre.
- Meditate regularly for at least 10 minutes – there is no upper limit.

Utilizing any available method (yoga, meditation, or meditation via the Gateway Experience / Hemi-Sync instead), you can begin to uncover a whole new world of gnosis that you never knew was possible. This takes time. It takes shadow work (parts work). Learning breathwork techniques will also greatly assist - it increases the potency of any meditation. As you progress, you'll be able to meditate while walking down the street.

There are innumerable ways to go about meditation. Sitting meditation, yoga, and martial arts are all meditative practices. As is art. Writing. Archery. Focusing on a single instrument or sound in a song. Knitting. Cooking. Playing an instrument. Plant care. Anything that engages your brain to pay close attention to 1 thing can be meditation *if done mindfully*.

Here are some established meditation methodologies and some definitions.

- Hinduism
  - Raja Yoga (yoga of the Royal Path) (*try it*): Also known as Ashtanga Yoga (eight-limbed path). It incorporates ethical guidelines (yamas) and self-discipline (niyamas), postures (asanas), breath control (pranayama), withdrawal of the senses (pratyahara), concentration (dharana), meditation (dhyana), and enlightenment (samadhi).
  - Hatha Yoga (physical groundwork of yoga) *(try it)*: Popular in the U.S. Focuses on physical postures with slower movements. It incorporates breath control and cleansing techniques (kriyas) for physical and energetic well-being.
  - Vinyasa Yoga (flow yoga) *(try it)*: A popular and dynamic style of yoga characterized by smoothly connecting postures together with breath control. It's a dynamic and physically demanding practice. Vinyassa is a broad category with variations depending on the teacher and class.
- Buddhism
  - Samatha (tranquility meditation) *(try it)*: Samatha comes from the Pali word meaning "to quiet" or "to pacify." A foundational meditation practice in Theravada Buddhism. Develops a state of focused attention and mental calmness to achieve mental clarity and tranquility. Practice can include focusing on the breath (anapanasati), contemplating a visual image (kasina), or silently repeating a mantra.
  - Vipassana (insight meditation) *(try it):* Vipassana in Pali consist of two parts: "vi" meaning "to see/observe" and "passana" meaning "seeing clearly/insight"; together, "to see things as they really are." This is one of the most widely

practiced forms of meditation. It's a mindfulness-oriented insight meditation technique to achieve self-purification through self-observation. It involves focusing on the natural breath to sharpen awareness, observing the changing nature of body and mind, experiencing impermanence (anicca), suffering (dukkha), and egolessness (anatta) inherent in all existence. This is believed to dissolve mental impurities and lead to a balanced mind full of love and compassion.
    - Metta (loving-kindness meditation) *(try it)*: Metta comes from the Pali word meaning "benevolence" or "amity." Cultivates feelings of kindness and compassion for oneself and others. Promotes compassion, feelings of interconnectedness, and reduced negativity. Metta is intended not only to help cultivate positive emotions, but also to counter any negativity that might arise during insight meditations.
        - *Note: Samatha, Vipassana, and Metta are considered supplemental in Theravada Buddhism, intended to be undertaken in sequence. For beginners, separate sittings are generally recommended. Advanced practitioners often do all three in one long sitting.*
- Secular Practices (based on Hindu and Buddhist practices)
    - Mindfulness Meditation *(try it)*: Emphasizes focusing on the present moment without judgment and cultivating awareness of thoughts, feelings, and bodily sensations. Benefits include stress reduction, focus improvement, and emotional well-being.
    - Guided Meditation *(try it):* This is an extremely broad term as it's up to the guide who's leading the guided meditation what the focus(es) will be. A YouTube or Spotify search on guided meditations will yield innumerable results. Every "try it" link in both this subsection and in the Breathwork Methods subsection (below) are all considered "guided meditations." Here's a massive list of free mixed guided meditations on Spotify.
    - Walking Meditation *(try it)*: Focusing on the physical sensations of walking and each step, while maintaining a present-moment awareness.
    - Tai Chi and Qigong *(try TC, try QG)*: While these should technically be two separate entries, Qigong is typically incorporated into Tai Chi. Tai Chi consists of mindful exercises that focus on coordinated movements and breath control. Qigong's emphasis is more on energy flow and gentle movements. To oversimplify, Tai Chi = body/physical, Qigong = spirit/energy. Shaolin Temple Europe Headmaster Shi Heng Yi explains Qigong concepts and provides additional exercises in this playlist. If you're interested in learning "energy work" as was taught in ancient China, that's Qigong.
- Phone Apps
    - Insight Timer (Meditation): Android and iPhone
    - Expand (Gateway Experience): Android and iPhone

As you practice regularly with meditation, you may notice that you're able to "move your awareness" from body part to body part, and that when you do this, other sensations seem to fall toward the background. If you stick with it long-term, you'll notice permanent changes like mindfulness becoming more of a habit and inner peace staying with you more and more during your day to day.

Meditation changes you physiologically, mentally, spiritually - All. You'll ultimately get sick less frequently. You grow wiser and your IQ goes up. You'll see the world differently and in a more positive light. If you happen to have a chip on your shoulder, or are depressed or anxious all the time, these things will slowly begin to evaporate.

You may also notice that while your eyes are closed and you're deep in meditation, the underside of your eyelids can play movies. They can show you art. Symbols. Colors. Picture-perfect images. You'll have no doubt at all that it isn't 'in your mind' - that, instead, you're actually seeing something. If you have aphantasia, there is nothing “wrong” with you at all – folks who I know, who have aphantasia, tend to focus more on energy flow, feelings, and intuition. For whatever it’s worth, each of them is a *potent* spiritualist. Being third eye blind adds to your uniqueness; perceiving it as a weakness is a choice, just as it is to accept that it can be a superpower.

As a practice, meditation allows your awareness itself, your consciousness, to become more prominent in your day to day. Among other things, it allows you to create the building blocks that put you in control of your emotional reactions and your daily experiences. Instead of your emotions being a filter, they become an ignorable side show. Thoughts in your mind come and go – your consciousness is the constant, and we’re cultivating *that*.

“If every 8-year-old in the world is taught meditation, we will eliminate violence from the world within one generation.” – Dalai Lama

Basic Meditation Guide

How I Meditate

- Sit cross-legged or lie down on your back.
    - Sitting: If sitting cross-legged on a floor causes you back pain, putting your butt on a pillow that'll raise it up several inches can help. I also lean my back on a support rather than sit freely. Outdoors, you can sit under a tree, under the open sky, etc.
    - Lying down: Get comfy, arms at your sides. Put a pillow under your knees, and elsewhere as needed, till there's no stress on your muscles or ligaments. I've seen some pillow setups that look like an unsupervised toddler tried to build a fort. If that's what it takes for your body, do it. Just do what works.
- Close your eyes and keep them closed.
    - If it feels natural, you can let your eyes drift downward, which some find helps in keeping their eyes closed. This area is often described as having a dark matte grey appearance.
    - You can continue 'looking' forward. How this looks depends much more on your surroundings. While I do both, I prefer this one for the majority of meditations.
- Here is where you start to calm your monkey mind (Yongey Mingyur Rinpoche explains), leave your worries at the door, be here in the now, and so on. You don't try to block them out, you just let them 'do their thing' and you are only a casual observer, judging nothing and reacting to nothing. Just being here, now. Listen and feel but don't name them or judge them - those things are constructs and products of an illusion, concepts that exist only within the context of this astronomical cosmic fakery. We're avoiding all that; we can teach ourselves to be present, to ‘be water’, and to hear more than “sounds” during meditation.
    - Breathe *deeply* and fully into your belly (not just into your chest). Your diaphragm should expand fully; therefore, your belly expands first – then your chest, afterward. In other words, ‘Breathe from the bottom up.’
    - In through the nose, out through pursed lips (like you’re blowing out a candle).
    - You can either breathe easy, or you can ***mean it***. At least initially, I prefer to mean it. When I do my initial breaths in meditation, I breathe fast and deeply, and sound like a bellows for X breaths. Don't push yourself too hard - listen to your body, but with practice you can advance to 30 breaths or more.
    - Don't shy away from breathwork if you think it feels weird or awkward; that's more reason to lean into it. No one who has ever learned proper breathwork has ever said, "Nah, not worth it." Instead, I only hear people gush about it.
    - As recommended to me by experts, my first forays into breathwork practice were 4-7-8 *(try it)* and holotropic *(try it)*. The former is easy, the latter a workout.
- Some people find that chants and mantras provide serenity. I don't go into these concepts in detail in the guide, but they're a worthwhile independent exploration.
    - I use 'Ur' and ‘Om’. Commonly, I prefer silence, but some of my deepest meditations have started with toning exercises (referred to as 'resonant tuning' in the Gateway Experience) plus breathwork.

        - Ur | ~baritone | This mantra is less universally known, and its meaning varies depending on the cultural and religious context. Ur is my go-to; to me, it represents the ancient and primeval interconnectedness of all living things.
        - More ~baritone toning: Oo | Ah | Ham
        - Om (Aum) | ~alto | This is one of the most widely recognized mantras in Hinduism, Buddhism, and other spiritual practices. The sound "Om" or "Aum" is considered sacred and is often referred to as the "primordial sound" of the universe. In Hinduism, "Om" represents the essence of the ultimate reality, consciousness, or Atman.
        - More ~alto toning: Eh | Oh *(greet the day)*
- If you get an itch, scratch. If you have to cough or sneeze or blow your nose, stop and handle your business, then get right back to it. Your body and your consciousness will not "make you start all over" - look at it as a fleeting intention of self-care. Don't overthink meditation. Work on the basics and find what works, then underthink it.
- Occasionally remind yourself that you are the observer of your life. You're **not** 'just your body', nor are you your thoughts, your feelings, your personality, your trauma, your scars, or your mental illnesses. You are conscious energy inhabiting a physical body *that's been through some shit.*

Awakening The Mind [14:44]: A simple, instructive meditation with Alan Watts, sans breathwork.

"Meditation as a practice, as a discipline, is a very curious problem, because from one point of view it's a help, and from another point of view, a hindrance. And I think we have to understand, first of all, that meditation exercises are medicinal rather than dietary. The same could be said of LSD." – Alan Watts

We all encounter days when meditation's stillness seems frustratingly out of reach. Perhaps you missed a session or fret about your recent inconsistency. Dwelling on the past – even yesterday's missed practice – is like trying to swim upstream in a current. Those moments have passed, their lessons woven into the fabric of your being. Instead, turn your awareness to the present, the only time where action can occur. As you stop swimming, you realize you're already moving forward, slowly, and you don't even have to do anything but stay afloat. Life unfolds like such a river; keep moving forward with each step, offering compassion to yourself and others. Whatever you bring to this moment, with all its limitations, is enough.

The next time you pass a mirror, I invite you to give yourself a fist bump from me.

- **Detailed Mindfulness Meditation Guide**

Breathwork Methods

- **Pranayama** *(try it)*: Breathwork control in Patanjali's Yoga Sutras (Hinduism). From Sanskrit "prana" meaning life force or vital energy, and "ayama" meaning to extend or draw out. Pranayama is not just about controlling the breath, but also about harmonizing the body and mind, promoting inner peace, and unlocking spiritual potential.
- **4-7-8 Breathing** *(try it)*: Inhale for 4 secs, hold 7 secs, exhale 8 secs. Simple & powerful.
- **Holotropic Breathwork** *(try it)*: Developed by Dr. Stanislav Grof (and recommended by Daniel Sheehan), Holotropic Breathwork involves deep, fast breathing to induce altered states of consciousness. It aims to release repressed emotions and access the subconscious mind. Here's some more info.
- **The Physiological Sigh** *(try it)*: Breathing pattern originally discovered in the 1930s. It's a pattern we all engage in during deep sleep, whereas we do a double inhale and then an exhale (you'll hear your dog do this a lot while sleeping), which offloads a lot of carbon dioxide all at once.
- **Wim Hof Method** *(try it)* *(mini-class)*: A combination of controlled hyperventilation, breath retention, and cold exposure, known for enhancing mental and physical resilience. Wim Hof offers a free course.
- **Nadi Shodhana (Alternate Nostril Breathing)** *(try it)*: Part of Hatha Yoga and a pranayama technique, but merits a special mention: This is a yogic breathing technique that involves alternating the breath through each nostril.

- Buteyko Breathing *(try it)*: Focuses on nasal breathing and reducing breathing volume. It's often used for health issues like asthma, brain fog, and anxiety attacks. Neil (from the "try it" link) explains how this method saved his life here.
- Somatic Breathwork *(try it)*: Focuses on using the breath to access and release stored tension and trauma in the body. It emphasizes the integration of physical, emotional, and spiritual aspects of well-being.
- Tummo Breathing *(try it)*: A Tibetan technique known for its ability to generate heat and energy in the body, though it's less commonly practiced in general wellness contexts. It's been compared to Wim Hof breathing - Wim Hof discusses this here.
- Box Breathing (Square Breathing) *(try it)*: Involves inhaling, holding the breath, exhaling, and holding again, each for an equal count. It's used for concentration and stress management.
- Circular Breathing *(try it)*: Often used in music, circular breathing is a technique that allows for continuous airflow, potentially enhancing endurance and control over the breath.
- Transformational Breathing *(try it)*: Combines conscious connected breathing with various body and energy awareness exercises. It aims to release emotional blockages, reduce stress, and enhance overall well-being.
- **Progressive Muscle Relaxation (PMR)** *(try it)*: Not a breathwork method, but this is its own category and related. Combine any breathwork method with muscle relaxation, where you progressively work through flexing and relaxing different muscle groups. In yoga practice, this is part of yoga nidra (yogic sleep). So, if you pass out, well done. With practice, you can maintain conscious awareness throughout.

Intention vs. Monkey Mind

Meditation is a practice of awareness and gentle redirection. It's natural and expected for your mind to wander – this isn't a sign of failure or a lack of skill. Noticing your mind wandering is a fundamental part of the practice. It's how we cultivate mindfulness.

When you realize your thoughts have drifted, approach it gently without harsh judgment or self-criticism. Instead, acknowledge that your mind has wandered in a neutral, nonjudgmental way. This automatically practices patience and self-kindness – the ability to offer yourself the same kind of love, support, and kindness that you would extend to a loved one.

Once you've noticed your monkey mind chattering, gently guide your attention back to your chosen point of focus, whether that be your breath, a specific part of your body or internal organ, listening to the sounds in the room, or a particular thought or past interaction - a gentle realignment. Your chosen point of focus is your anchor, keeping you grounded in the present moment.

Example: If your intention is to 'watch the breath,' whenever you notice your attention has drifted, softly bring your awareness back to the sensation of breathing. If you're meditating on a specific aspect like a bodily sensation, a feeling such as anger or remorse, or reflecting on a past event, gently return your focus to that intention.

The act of bringing your attention back to your meditation focus is where the real practice lies. It's not about staying perfectly focused but about recognizing when you've lost focus and then returning to your intention. Let the thoughts do their things and don't emotionally participate in them. This process of returning, again and again, is what strengthens your mindfulness and deepens your meditation practice.

The Monkey Mind and the Master Teacher

A story found in "Wisdom & Compassion (Starting with Yourself)", by Lama Tsomo. 2021.

> Once, long ago, a man received a wonderful present from a master: a magical monkey that could do anything the man asked of it. Well, of course he was thrilled! He took the monkey along with him and asked it to do all sorts of useful things. In no time at all, it would finish each task and come running back for the next order. The man had the monkey build him a palatial house. In no time at all, the monkey had finished it. Now our friend was really thrilled. What's not to like?
>
> The man went to bed for the night and found out. The monkey kept pestering him, "NOW what do you want me to do? What next?" The man could never rest, ever! Day and night the monkey hounded him with requests for more work, which it finished in no time. Then it was back for more.
>
> At his wits' end, the man went back to the master. "Help! You've got to give me a way to deal with this monkey so that it doesn't keep on bothering me day and night! What can you do?!"
>
> The master gave him one curly hair. He intoned, "Have the monkey make the hair go straight." The master demonstrated pulling the hair straight. As soon as he let go, the hair bounced back to its former shape. That was it. The man took the hair and gave it to the monkey, ordering it to make the hair straight. The monkey sat down, fully focused on the little hair. He pulled it straight. It bounced back. He pulled it again. It bounced back again. So it went for about a minute. The man raced to his bed and gratefully passed out.

Meditative practice behaves like the curly hair in this story. But after lifetimes spent chasing fleeting thoughts and ruminating, demanding the mind to abruptly "take five" is akin to expecting a playful puppy to perform a perfect "down-stay" for an hour in its first training session. Both approaches, taken with *expectations*, will lead to frustration.

A wiser strategy might be to offer the mind a metaphorical "bone" to chew on – a simple meditation technique or object of focus. While this won't lead to immediate mastery, it offers a temporary anchor, allowing the mind to gradually settle and develop the capacity for stillness over time.

Focal points during meditation and can include the breath, bodily sensations, movement (e.g. yoga, Tai Chi, Qigong), a sound, visualization of calm scenery like mountains or trees swaying in the wind, or as with mindfulness meditation – observing your automatically arising thoughts and emotions with curiosity and non-judgmental awareness.

In time, having exercised this this metaphysical muscle regularly, *stillness finds you,* and you'll notice that this stillness tends to stick around – long after you've stopped meditating.

Self-Kindness & Mindfulness

Self-kindness acts as a buttress. It's been shown [by science] to bolster mental health, decrease psychopathology, increase resilience, and improve physical health. Here's what Melissa Brodrick, MEd, Ombuds and Director of Harvard Medical School, has to say: "Kindness starts with being kind to yourself. Lead with compassion, follow with kindness. We feel happier when we act in service to others." *(full article)*

Hazel (ex-therapist and author) and Ellie (ex-psychology science writer) from Betwixt, a literature-based mobile mental health fantasy game that cultivates mindfulness, self-awareness, and self-compassion, wrote:

> Dr. Kristen Neff, who's an associate professor at the University of Texas and probably the biggest name in the world of this kind of research, breaks self-compassion down into three interconnected components:
>
> **1. Mindfulness**
>
> The first is mindfulness, as in an awareness of the pain you're experiencing as you experience it. I need to note that this doesn't necessarily need to be achieved through meditation. Here, we are simply talking about the ability to be mindful – to be aware of what's going on with you. Meditation can get you there, but so can journaling, therapy, using an app like Betwixt, of course, or just a healthy dollop of curiosity.
>
> **2. Self-kindness**
>
> The second component of self-compassion is self kindness. This means the ability to offer yourself the same kind of love, support, and kindness that you would extend to someone else – say, a friend in need.
>
> How? Well, this can be done in a reflective journaling practice. A longitudinal study conducted in 2010 found that writing a self-compassionate letter to oneself once a day for five days not only decreased depression levels for 3 months but also increased happiness for 6 months after the study.
>
> But you don't have to put pen to paper. You can practice self-kindness by talking to yourself, either in your head or out loud during any difficult moment. For example, you might simply swap "you stupid idiot" for "it's okay" after making a mistake at work. Or, you could set an alarm on your phone to remind you, once daily, to spend two minutes gently and kindly talking to yourself about whatever happened that day.
>
> **3. A sense of common humanity**
>
> And finally, practice a sense of common humanity and connectedness, which is the third component of self-compassion, according to Neff. This, quite beautifully, means actively remembering that imperfection is a natural part of the human condition. It's something we all share and that brings us together rather than sets us apart. I think most of us know that intellectually, but the key is to train yourself to remember when you most need it.

The Space Between Self-Esteem and Self Compassion [19:01] – Dr. Kristen Neff @ Centennial Park Women TEDx. **2013.** *(This went viral.)*

Mindfulness with Kelly Boys – Mindfulness Coach on YouTube

- Kelly is a well-known trauma-informed mindfulness trainer who specializes in the NSDR (non-sleep deep rest) practice called yoga nidra.
- She was tapped to be on the core team that developed an emotional intelligence and mindfulness program at Google, "Search Inside Yourself", which was the most popular internal program that Google ever had.
- She's worked on countless global humanitarian relief efforts around the world.
- She spent two years volunteering with James Fox of the Prison Yoga Project to create and deliver a weekly trauma-sensitive NSDR/yoga nidra and yoga program at San Quentin State Prison for incarcerated veterans and has worked extensively in the field of trauma sensitive mindfulness, teaching yoga nidra to US veterans with post-traumatic stress disorder (PTSD) and traumatic brain injuries (TBI).

Shadow Work: Healing Past Trauma

“The way is not in the sky, the way is in the heart." – Buddha

- **Self-Guided Trauma Recovery Education Course** *(free)*
- Carl Jung's thoughts on shadows
- Detailed Guide from the Cleveland Clinic, a nonprofit multi-specialty academic medical center that integrates clinical and hospital care with research and education.

Shadow work, often referred to as “parts work”, is an exercise in intentional self-observation and self-reflection of "the shadow self”, an unconscious part of our personality containing repressed thoughts, emotions, and desires deemed unacceptable or harmful. It holds pain, anger, fear, shame, and other "dark" aspects of ourselves we try to hide.

The practice of shadow work involves closely observing our own behavior as if from an outside perspective, both when alone and when interacting with others. Being self-observant of how we interact with those around us sheds light on how those internal conditions are manifesting through us in our daily lives. This exercise is only partly contemplation – successful shadow work incorporates meditation. Consider your recent or distant past - specifically, we're diving into discomfort and darkness here - and think of the circumstances, whether it was a traumatic relationship or situation, an accident, a series of events, something you did that you aren’t proud of - or anything else. Allow these memories to come to the surface and consider how these shadows gradually developed throughout the course of your life. Allow yourself to feel the emotions that come with them, validate them, and let them go.

Shadow work isn't about eradicating the shadow, but rather about acknowledging, understanding, and integrating it into our conscious selves. This allows for wholeness and healing. Meditation, journaling, and even dream analysis can all be forms of shadow work.

By understanding our shadows, we can develop compassion not only for ourselves but also for others who struggle with similar hidden aspects. Shadow work can lead to greater self-awareness, emotional maturity, and personal growth. It can help us understand our triggers, reactions, motivations – as well as those of others. The solitary path is often where we find our most authentic selves.

“Knowing your own darkness is the best method for dealing with the darknesses of other people.” – Carl Jung

“All happiness comes from awareness. The more we are conscious, the deeper the joy. Acceptance of pain, non-resistance, courage and endurance — these open deep and perennial sources of real happiness, true bliss. Pain is the denial of the self, and the self stands in the way of true happiness, the wholehearted acceptance of pain releases the springs of happiness.” – Nisargadatta Maharaj

Basic Shadow Work:

When experiencing negative emotions or discomfort (stemming from childhood or today), instead of avoiding or masking them, delve into those feelings. Reflect on your embarrassing or uncomfortable moments and approach them with **self-support and understanding**.

Pay attention to your reactions to others' behaviors. If you find yourself shocked or disgusted by someone's actions, consider how you would respond to *yourself* in a similar situation. Similarly, if you feel envy or resentment towards someone, explore these emotions deeply to truly understand them.

This process is essentially about doing subconscious or unconscious self-work. It involves uncovering the reasons behind your negative thoughts and behaviors, which often stem from past experiences. Recognizing these underlying causes allows you to begin the healing process.

A shadow often manifests when you judge certain traits in others because you feel insecure about any number of traits in yourself. Addressing these shadows is crucial and involves practices of self-love and self-compassion, which means being non-judgmental towards yourself while striving for improvement.

To dissolve these shadows:

- Acknowledge your shadows as part of you, hidden within your daily motivations and reactions.
- Reflect on the origin of each shadow without judgment. Embrace forgiveness, love, and release. *"Shadow work is the path of the heart warrior." -Carl Jung*
- Allow yourself to feel the emotions; sit in them and let them be. In time you'll realize that reacting to them is not beneficial or progressive to your life – that your participation in them is optional. Which of you that is generally in control, you or this particular shadow, is reversing, putting you back in the driver's seat of your life where you belong.
- Show compassion to both yourself and to your shadows. They're not your enemy – they're a part of you, and by putting in the effort to heal these shadows, you ultimately liberate that part of yourself.

Repeat this process regularly; incorporate it directly into your existing meditation practice.

Pause occasionally to shed a little light – you're only human, after all. Decompress; do some self-care. Your shadows are just one aspect of you. You're *so much more* than that.

Shadow work can help you more easily flow through making better decisions moment by moment with less effort because it helps shore up that space you're creating, through meditation practice, between events and your reaction to them. It's a crucial step on the path to spiritual awakening. It allows us to break free from limiting beliefs and access our full potential. There is no coming to consciousness without working through pain.

“Carefully watch your thoughts, for they become your words. Manage and watch your words, for they will become your actions. Consider and judge your actions, for they have become your habits. Acknowledge and watch your habits, for they shall become your values. Understand and embrace your values, for they become your destiny.” – Mahatma Gandhi

“Everything that irritates us about others can lead us to an understanding of ourselves.” – Carl Jung

"The shadow is the teacher that shows us what we haven't been willing to face." - Pema Chodron

"The wound is the place where the Light enters you." – Rumi

Shadow work can be incredibly difficult. Maybe you see your past as more “speckled” than most people’s pasts, or maybe you’ve premeditatedly committed serious crimes and maybe you even got away with it, and now you carry the heaviest guilt around with no (or no realistic) way to atone.

In the context of everything, time isn’t what we think it is at all, and we only vaguely understand that, so let’s step back. Your life is an experience. We’ve all made terrible decisions and nearly all of us have hurt someone; for some of us, these decisions had deadly consequences. But let’s say you decide you’re going to “change and do better”, but you still have all that guilt. Not to overgeneralize but think of how an audience reacts in a movie when one of the bad guys does *one purposeful thing* that helps the good guys. Or when the meanest member of the family in a drama does something unexpectedly kind. Just one different decision. One’s all it takes – and the whole room brightens.

Since the past is done and gone, you could choose to see your shadows as information. Information is neutral; it’s data – a fact that just is. Some of those shadows, with you in just the right situation tomorrow, could be used to help someone else – a knowing word of advice or an appropriate warning. Who else could provide such a thing except someone just like you? *Potentially, no one*. Every one of our shadows can be used for good.

So, tuck it away as information as best you can muster, and if that sentiment is laughable, then let it be laughable for now. You’re here, so you’ve got the drive, and that’s all it takes. And one day that information might come in handy to help someone else. Maybe it’ll even save someone’s life. Till then, it’s just a memory. Forgive yourself. You’re literally past it, so that’s not who you are anymore. You aren’t even quite the person that you were yesterday.

I believe in you *today.*

Shadow work revolves quite heavily around facing judgment and negative emotions like anger, sadness, jealousy, and contempt.

As I mentioned previously, science has shown that mindfulness makes your IQ go up. You're even further bolstering that with meditation, breathwork, and shadow work. The space between events that occur, and your reaction to them, can be seen as a scale because some reaction-inducing events are small, and some are big. The more you practice, the farther you move on the scale toward "Jedi" in that particular shadow or category.

Now imagine or pretend that you're either out in public or in a public chat online somewhere. A bar. Church. Reddit. An online forum. Wherever you're most likely to be on any given day, whereas if you say or type anything, it's in view of other people.

Someone says something out loud or in a post, or maybe even directly to you, and it makes you angry. You can't help it; it's one of those things that just pushed the wrong damn button. But you've done shadow work and practiced meditation; you're mindful. You've got space for this in your mind now. Instead of replying in anger like most folks would, or like you used to, you're able to look at this from a higher point of view, see it for exactly what it is, both inside you and often, given just enough context, inside the other person as well.

Instead of ending up in an argument or a screaming match, or a knock-down-drag-out fight, you transcend the situation from the start and your response leaves people thinking about your words, nodding and rising ever-so-slightly toward your already elevated position "as a Jedi in that particular shadow or category." You just dropped some wisdom.

You've become a person who inspires others.

Consciousness II: Conduct & Assembly

Jedi Knight 102 – Guidance

version 1.42 | Jun 24, 2024

“Fortunately, some are born with spiritual immune systems that sooner or later give rejection to the illusory worldview grafted upon them from birth through social conditioning. They begin sensing that something is amiss and start looking for answers. Inner knowledge and anomalous outer experiences show them a side of reality others are oblivious to, and so begins their journey of awakening. Each step of the journey is made by following the heart instead of following the crowd and by choosing knowledge over the veils of ignorance.” – Henri Bergson

Introduction

"If we could see the whole truth of any situation, our only response would be one of compassion." – Yongey Mingyur Rinpoche

The brighter we shine, the more shadows we cast. This equilibrium of light and dark whispers of our influence upon the surrounding void. Let us not be disheartened by the shadows; they testify to our radiance.

We should embrace the truth that we cannot please all. The chase of people's favor is ephemeral. Instead, let our ambition be to imprint an enduring legacy upon society through our moral, ethical, and virtuous actions, eschewing superficial virtue signaling. These deeds echo through the corridors of time, serving the greater good and unveiling our true essence.

As you venture through the world, bear the intention of service to others, of illumination, and of forging a legacy that transcends ephemeral shadows. In doing so, you honor not just the gift of life, but also the deepest parts of your being.

Here’s to a day imbued with purpose, passion, and the valor to cast light in the most unforeseen places – not for the clamor of applause, but for the noble cause of making the world a touch brighter, one virtuous act at a time. We'll lead by example, kindling those around us to aspire to be their best selves and to serve their community.

We'll be the change we want to see in the world.

What follows in this section are some insights and utilitarian concepts that I hope will lead you to rise – and to guide others along with you. This is a call to unity, but more importantly it’s a call to look inward, for the former *cannot stand* in perpetuity without the latter.

- Being mindful, and choosing love, kindness, and compassion over fear, hatred, and deception is far more important than people realize. Mindfulness emphasizes the present moment. It turns away from the illusion of past and future (time). Love, kindness, and compassion exercise very real spiritual muscles, and combining these with mindfulness practices makes them exponentially more powerful and less susceptible to all sorts of negative influences. *"There are two days in the year that we cannot do anything – yesterday and tomorrow." - Mahatma Gandhi*
- As corny as it sounds, you are a sovereign being. Only follow your own heart; form a relationship with God on yours & God's terms. You don't need help with this from any religion or cult – just your own knowledge and awareness.
- There is no "one true religion." They're all a piece of our history as human beings. It matters less which religion you follow, and more how you follow it – your intentions, how you treat yourself and others, and what comes out of your mouth [and by extension, what you write]. Sacred texts across time include similar moral teachings: Respect all forms of life. Love everyone and do no harm. Cultivate compassion and selflessness. Lead a moral life. The key takeaways for me are exercise, love, gratitude, meaningful service e.g. helping others, a healthy diet, and drinking primarily water.
- At the November 2023 Sol Symposium, David Grusch closed his speech by saying, "Let us advocate for transparency not for ourselves but for the generations to come as we embark on a journey toward a more enlightened and interconnected world."
- Negative thoughts/emotions, especially fear and doubt, prevent your otherwise-tappable psi abilities from working properly, as you intend, and most importantly in a controlled and focused manner. The reason for this is so simple you'll hardly believe what you're reading: Your soul inherently knows right from wrong. Lying, cheating, judgment, fear, contempt, and so on 'dent' our soul; they cause part of us to split apart from part of our higher consciousness; what some refer to as our higher Selves. These dents, or disconnections, add another layer to the proverbial onion our soul is wrapped up in. They heal over time with discipline; treating one another with the respect and equity that we all deserve helps everyone heal their dents faster. A core objective of this guide is to demonstrably bolster these very elements.
- Just like a virus or bacteria is harmful to one human being's physical body and can spread to others, so can negative emotions; anger, worry, fear, and so on. That said, though, love and compassion spread, too – exponentially.

Wisdom can be found in all manner of belief systems and philosophies. Many religions share similar core concepts, akin to The Golden Rule. As we improve ourselves, texts aligned with that goal will stand out more – they'll stick with you. The positive lessons will resonate, and the warnings will resonate.

I went to a Roman Catholic grade school and was an altar boy for many of those years, so I've seen a lot of Bible quotes. I always had trouble remembering them, but ever since childhood this one stood out to me, and I kept it close:

In Matthew 7:15-16, Jesus said during the Sermon on the Mount, "Beware of false prophets, who come to you in sheep's clothing but inwardly are ravenous wolves. **You will recognize them by their fruits.** Are grapes gathered from thornbushes, or figs from thistles?"

This sermon was delivered in the early first century CE, while the region was dominated by various Jewish sects, including Pharisees, Sadducees, Essenes, and Zealots, each with different interpretations of the Torah and expectations of the Messiah. Additionally, there were many itinerant preachers and prophets, some of whom were considered false or misleading by the mainstream Jewish community.

Regardless of what one chooses to believe, or not believe, about the evidence laid out in Sekret Machines: Man, chapter 3, which touches on the sobering possibility that some of us are more directly created by NHI than others, I think we can all agree with Jesus when he said that discernment is key in a world where misleading voices, manipulative tactics, and predatory behaviors abound.

“Villains who twirl their mustache are easy to spot. Those who clothe themselves in good deeds are well-camouflaged.” – Jean-Luc Picard, Star Trek: The Next Generation.

Today, hundreds of millions of religious people have been deceived [recall “jokers in the pack”] into believing that their own hateful thinking is okay because "The holy texts are pretty clear about that." Well, sure they're clear on it, *technically*, but you must understand that many holy texts were co-constructed by benevolent and malevolent beings. We should read them discerningly.

The notion that “Everyone not in my religion goes to the bad place” is another deception. Those teachings are intended to control and divide people. Think of the sheer number of people who’ve been tortured, jailed, and murdered over the last several thousand years because of their beliefs, their religion, or their non-religion. It's in the billions by this point.

Does anyone actually think that a “One True God” is cheering people on while they hate, deceive, and murder other people? Jesus Christ. Pun intended.

That’s some rotten fruit, and a lot of it.

The One True God will never demand your fealty or request worship. Many false gods have done this, and these same gods have taught hatred and division among humans, have taught us to fear and to lie to one another. False teachings like these have been perpetuated by both malevolent NHI and malevolent human beings, and like the NHI themselves, they cross all religious boundaries. They’re pervasive.

The current state of human society is fundamentally unnatural and is the product of these persistent manipulations.

Stop and ask yourself: Why is it that nearly every societal construct we have in existence on this entire planet, including religion and education, serves to *divide people*?

How do we transcend these parasitic malevolent beings and their mountain of deception? Through dedicated, uninterrupted meditation, or to use an aphorism you've heard a hundred times: “Know thyself.”

If this sounds impossible at a glance because your life is hectic and you don't get a moment alone – know that that describes many of us. Set your intention on finding time to meditate and hold that intention truthfully, day by day. It won't happen overnight, but you will find the time you need because your thoughts affect your reality.

"I believe in God, but not as one thing, not as an old man in the sky. I believe that what people call God is something in all of us. I believe that what Jesus and Mohammed and Buddha and all the rest said was right. It's just that the translations have gone wrong." – John Lennon

Psychological Archetypes

“The meeting of two personalities is like the contact of two chemical substances: if there is any reaction, both are transformed.” – Carl Jung

Knowing your MBTI (Meyers-Briggs Type Indicator, or personality type) can provide valuable insight. MBTI is based in part on the work of Carl Jung (of Jungian psychology (his books are in the Library)). An MBTI test determines your personality type as one of 16 combinations. The CIA and the US government have used it in numerous applications including assessing potential intelligence agents.

Carl Jung, author of two pivotal works, 'Archetypes and the Collective Unconscious' and 'Man and His Symbols', proposed that individuals had a preferred way of functioning across two main psychological activities – 1) how we perceive or take in information, and how we make decisions based on that information, and 2) on our social orientation (introverted vs. extroverted). The MBTI was built using these foundations. Here's an exceptional summation of Carl Jung's archetypes and the collective unconscious, which is a unifying theory of the human psyche as it relates to spirituality and religion, and transcends and ameliorates tribal notions of ethnicity and nationality. This video is especially useful if you're doing, or planning to do, shadow work. Before I move on from Jung, here are some of his best-known quotes.

"The shadow is nonsense. It lacks force and has no continued existence through itself. But nonsense is the inseparable and undying brother of the Supreme Being." – Carl Jung

The official Meyers-Briggs test costs money to take, but MBTI has been around for decades; nowadays, there are a number of free ones that will get you the same result. Avoid letting this guide potentially skew your results – take the MBTI test with a clear mind.

The (Free) Michael Caloz Cognitive Functions Test

Jung’s archetypes have been utilized in modern therapy for decades. In the West, we’ve adapted these ideas for clinical applications with a focus on integration and often incorporating insights from neuroscience. If you want to study these concepts in depth, I recommend starting with Carl Jung’s work.

Here are two short empowering introductory videos to help you begin to assess your own consciousness and life’s journey.

- The Journey of the Tenderfoot (Jung’s ‘Innocent’)
- The Shadows (dark side) of the Tenderfoot

The Tale of Two Wolves

An old Native American chief was teaching his grandson about life. "A fight is going on inside me," he told the boy. "A terrible fight between two wolves. One is evil, full of anger, sorrow, regret, greed, self-pity and false pride. The other is good, full of joy, peace, love, humility, kindness and faith. This same fight is going on inside of you, grandson...and inside of every person on this earth."

The grandson pondered this for a moment and then asked, "Grandfather, which wolf will win?"

The old man smiled and simply said, "The one you feed."

Shi Heng Yi

Spiritually-seeking people can find incredible utility in listening to or reading the works of various spiritual guides – experienced spiritual practitioners; mediums; Hindu yogis, swamis, and gurus; Sikh granthis and saints; Buddhist monks and rinpoches; Islamic imams; Jewish rabbis; Christian pastors, and so on.

In the earlier stages of writing this guide, I stumbled on Shaolin Temple Europe Headmaster Shi Heng Yi's discourses; the top three links resonated with me deeply and stopped me in my tracks.

"The Message" below was linked previously in this guide – if you skipped it, I recommend pausing and listening to it now. I've included additional discourses in which I've found great utility, as optional further introspection.

- **The Message**
- The Way, and Feeling "Lost"
- Thankfulness, Love, Forgiveness, and Compassion
- The 7 Rules to Become Unshakeable
- How to Stop Overthinking
- TED Talk: Five Hindrances to Self-Mastery
- Discipline & Self Mastery
- Mulligan Brothers' "Best of" Video

“Know Thyself.” (Awakening & Enlightenment)

Enlightenment means waking up to a much larger reality, understanding it, and ultimately – transcending human affairs [suffering] and attachments. D.T. Suzuki describes *satori* (which can be translated as *enlightenment*) as “the unfolding of a new world hitherto unperceived in the confusion of the dualistic mind.”

[In the Western world, we sometimes see enlightenment referred to as “self-actualization.” This a term coined by American psychologist Abraham Maslow in his 1943 article titled “A Theory of Human Motivation” published in Psychological Review, which included his hierarchy of needs. Maslow defines self-actualization as the realization of one’s full potential – an ideal psychological end state that a human being might reach after largely satisfying other, more fundamental needs.]

Awakening is a word for the initial shift to the deeper process of enlightenment – a shift in perception towards greater self-awareness of one’s connection to something greater – step by step, experience by experience, realization by realization. Awakening is what you're already working on by reading this guide, practicing meditation, visiting the library, and so on. You're looking for the truth, and your intentions matter. In part, waking up requires knowledge; the more you know and understand about our perceived reality in both a corporeal and in a spiritual sense, the more natural this process becomes. If you're seeking the true nature of reality in earnest - putting time and energy into finding truth - researching, setting it as your intention while meditating, etc. - you'll find it.

"He who seeks, let him not cease seeking until he finds; and when he finds he will be troubled, and when he is troubled, he will be amazed, and he will reign over all.” - Yeshua (Jesus)

In Gnostic belief, salvation comes through gnosis (from Greek; “knowledge”), or knowledge of the divine. This involves awakening to one's true, spiritual nature and the realization of the falseness of the demiurge’s material world. Various Gnostic texts describe the efforts of divine beings from the true God, often including Sophia (Wisdom) and Christ, to help humanity awaken from its spiritual slumber, escape the deception of Yaldabaoth and the archons, and return to the fullness (Pleroma) of the divine realm.

Hinduism has a similar belief as gnosis; they refer to it as jñāna (from Sanskrit; “knowledge”), which is defined as self-realization and a *lack* of knowing of the divine – a letting go – to attain a deeper understanding or insight. It's about transcending intellectual knowledge and achieving a transformative experience of reality.

Hindus refer to this concept of the divine - of “Source” - as Brahman, which is the ultimate, eternal, unchanging reality that underlies all existence. The Upanishads tell us that if one thinks they understand Brahman, one does not understand. If one knows that they don’t understand, then you truly understand, because the Brahman is unknown to those who know it and known to those who know it not. In Hinduism, one attains the knowledge of God by self-realization and discarding concepts of God. “Nadi, nadi, nadi,” is a mantra used in some Yogic meditation practices for such a discarding of concepts: “Not this. Not that.”

If you've read the Tao Te Ching, this might strike you as similar to the concept of "the eternal Tao." The two are approached differently, particularly in practice, but the overarching concept of it being the "unknowable ultimate" is the same.

The opening line of Tao Te Ching explains that the ultimate reality and source of all existence is beyond human conceptualization, description, and language. In the context of Taoist philosophy, the Tao is the fundamental and ineffable principle that underlies and unifies the universe, beyond human comprehension and conventional knowledge:

"The Tao that can be told is not the eternal Tao; the name that can be named is not the eternal name." – Tao Te Ching, zhāng 1

The distinction here is the "Tao that can be told" and the "eternal Tao" being two disparate concepts. This isn't telling us that enlightenment is out of reach, it just means that human capability to explain "source" in the context of "infinity" does not exist. What we *can* do is discuss related concepts that, together, help in forming a cohesive whole. I.e. We can toss around some CliffsNotes.

Hold onto what resonates with you and throw away the rest but do cultivate a real desire to find the truth [the true nature of reality and yourself], and then maintain that intention. Internally consider it often in your daily life. My advice is to start right now if you haven't consciously done so already: you just think it, and mean it, and it's begun. Maintain that intention and remember that you're already connected to everything, both seen and unseen.

Here are a few videos in which I found great utility:

1. Experience is better than belief
2. Plotting your own path to awakening
3. Vibrational energy primer *(note: this is an AI-voiced writing)*

Through your meditation practice and shadow work, you'll teach yourself how to feel anger without being angry, feel sadness without being depressed; you'll be the master of your emotions, and never the other way around. You'll observe both positive and negative energies (light and darkness) non-judgmentally. You'll appreciate the full spectrum of consciousness. It is possible to resist evil without harboring anger towards it. We all have anger within us, but as we know, anger is toxic. We can either choose to leave it on the table, or we can pick it up and drink it, hoping to hurt others, but ultimately just poisoning ourselves.

"The strong is not the one who is physically powerful, but indeed, the one who controls himself when angry." – Muhammad

"Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned." – Buddha

Fear and Evil

It is essential to recognize that the concept of 'evil' is not external to us; rather, it's deeply embedded within our own consciousness (just like 'good' is). Research in psychology suggests that a significant portion of our psyche consists of the subconscious or unconscious mind. Consequently, many folks find themselves ensnared in 'darkness', subjectivity, or ego. This often leads to the interpretation of experiences as 'frightening,' which, in reality, *stems from a fundamental misunderstanding*. In a word, it stems from ignorance. Shadow work can help dissipate this fear.

"No matter what they ever do to us, we must always act for the love of our people and the earth. We must not react out of hatred against those who have no sense." – John Trudell

"We ought not hate anyone. The world will always continue to be a mixture of good and evil." – Swami Vivekananda

"You do not do evil to those who do evil to you, but you deal with them with forgiveness and kindness." – Sahih al-Bukhari Hadith [2125]

Light and darkness define one another; having both is necessary to experience the gradients of all that exists. They're the same energy expressed in different ways – opposite sides of the same coin. If one ceases to exist, so does the other – good and evil must both exist for there to be a reality at all. Accepting this fundamental truth will greatly assist you in accepting the existence of [what we perceive as] evil.

"It is evil which makes possible the recognition of virtue. To the degree that you condemn and find evil in others, you are to that degree unconscious of the same thing in yourself." - Alan Watts

"Out beyond ideas of wrongdoing and rightdoing there is a field. I'll meet you there." - Rumi

Contemplations

- Meditation (coupled with breathwork and shadow work) is step 1 of integrating our internal darkness, repairing the cracks, which by extension aids in shielding our mind from malevolent entities' influences.
- Free will, morality, and consciousness are humanity's greatest weapons.
- Worrying about the past or the future is the same as ignoring the truth. Staying present opens a narrow path where before there was a wall. Why? Because "time" is a construct and it doesn't exist the way we think it does. It's incredibly difficult to wrap one's mind around, but it's true. Everything you worry about, or fear, or are offended by, are all part of the illusion in which we find ourselves in our 'awake' (not asleep) state. Release it and return to the present - it's the only thing we can interact with directly.

- When in meditation, shadow work, etc., if you come upon a thought you intend to pause and focus on, whether that's a present feeling, a past event, or a future worry, the question "what" is more useful than the question "why." "Why" inquires of past events and decision points that are long gone. "What" inquires in the present and in the future. So, for example, instead of asking yourself "Why did I get into a fight with my loved one," ask yourself "What can I do to avoid getting into such fights with my loved one?" This invites the "why" but goes further and offers a call to action as well.
- Imagine you're a knife cutting a cake right down the center. The left half is your past, and the right half is your future. Stay with the blade – in the center – in the now. No labels, no judgment, no bullshit, no cake – be the blade, stay with the blade. The more you stay here, *in the present*, the more you realize that it's the truth.
- Once you experience what it truly means to live in the present moment, you're a step closer to not being controlled by the ego. Time doesn't exist, the past and the future don't exist – only this present moment. Everything, everywhere, is happening all at once. The present is a present, a gift. When you focus your attention to the gift, and stop focusing on the past and the future, you learn how to perceive through your consciousness *into consciousness* – into the present – the thing that does exist. And staying connected to that **now** – that consciousness – that gift – eventually, you'll start to see past the illusion.
- Let life unfold naturally; focus on the journey rather than the destination. Have no expectations. Is there really much of a difference between "yes" and "no" in the context of an illusion? How do we know that our dark times aren't forks in the road leading us to greater destinations? We don't; we're more prone to getting caught up in our emotions and making assumptions. There's a beauty in the balance between life's highs and lows, and you can teach yourself to live there like a Jedi.
- 'The you', the one that is hurt, worried, afraid comes into existence by indulging these thoughts. Your thoughts create your reality; this is a fact, not a concept. By trying to fix personal problems or correct a situation in our minds, we often make them more complicated or worse. We start making assumptions and start having expectations about how it might go while you 'fix it'. We need to stop all that. Instead of being afraid, simply *observe* that you're feeling fear. Observe that you feel worried; feel them, but let these feelings play out on their own and then let them pass - you are not required to participate – to play into them – which only makes them stronger and more aggressive. As you observe these thoughts and feelings, you can begin to follow them to their roots, in which case, congrats, you just did some shadow work. Keep that shit up.
- Meditation practice and shadow work create a palpable space between the observer (your consciousness/soul) of any given situation, and your reaction to it.

"Be kind, for everyone you meet is fighting a hard battle you know nothing about."

- Our thoughts create our reality. As Tom Campbell, author of "My Big TOE" who formally studied consciousness for decades, including at the Monroe Institute, has advised: "Focus on solutions, not problems." In other words, focus on a positive image of what you want; don't dwell on what you don't want. Creative energy (patterning) only works one way – *negative thoughts create more of what you don't want.*

- Your soul knows right from wrong, and it always has – societal conditioning and NHI influence has changed this factual concept from “simple” to “complicated.” Your body is almost entirely instinct. If you ignore your soul for any reason (lying is the easiest example) and you make your mind and body go against the spirit’s understanding of right vs. wrong, it sort of “dents” your soul – throws it out of alignment and separates you further from universal consciousness, in a manner of speaking. This is temporary and ultimately reparable, but it's still a separation. Our mind, body, and spirit should remain aligned; in example, when we tell a lie, our mind, body, and spirit are thrown out of alignment (our actions [words or writing] don’t match our thoughts [the actual truth] in this case); truth and compassion must go hand in hand, or the soul “cracks.” (every time)
- Let's say someone is holding a porcelain plate. A thinking, telepathic one. They're arguing with it, or maybe they're angry with it. They appear to toss it, or maybe they carelessly dropped it; you can't tell for sure. The plate breaks. The person stares for what seems like an eternity, and then apologizes to the plate profusely. Does the plate unbreak? Of course not - their decision has already taken its toll, and there's no undo button. The plate in this micro story is you; so is the person. You can repair yourself, of course, it just takes time and as some might say, you'll never be quite the same again; you'll always have the memories of being broken. So the you pick up your pieces, and you start gluing yourself back together, carefully, trying to get back to good. You repair it in the end, but you can still see glue and tiny chips and missing bits here and there. So that's about the best you can do with the tools you have at your disposal day by day, just working through it in contemplation. The right kind of artisan could fix the cracks *completely*, though. You should call the best artisan you know, because this is important - we're fixing you, after all. This artisan is available 24/7, and she doesn't even charge. She doesn't care if you broke the plate or if somebody else did it; she can fix it all. Her name is Shadow Work.

  “I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.” – Maya Angelou

- Always tell the truth. Lying does harm – it is deception, and it not only robs others of the truth, it also negatively affects your own energy. So even if the plate didn't break, or even if the plate didn't notice that you tossed it, you still tossed it. You chose to lie. That was your intention. Why would you ever speak anything but the truth? The truth is the only thing we can say that's real. In a sense, lying is digging into the illusion in a similar fashion as worrying about the future. Not to mention the dent you just dealt yourself.
- Lying to protect someone's feelings isn't an exception, as much as we sometimes wish that it was. You protected some things, sure, and maybe even your intention was good, but the intent to lie was still there, and then carried out. You robbed them of 1) the truth, and 2) a moment from which their soul was supposed to learn and grow. You could have fostered that; instead, you chose the easy route.
- Sarcasm is a form of deception – it's hostility disguised as humor.

Part of spiritual growth is cultivating a disciplined mind, but I won't belabor that point. Another is understanding, and then accepting, the true nature of your Self and of our shared reality - as Lue has said, 'of what it means to be human'.

The ego is the personification of physicality; soul is the personification of the spirit. Through searching for answers *within*, we can awaken - we can connect with the essence of the soul - the whole of it. We can understand fully what we are and what we are not, which presents a means by which we can escape this grain of sand and go to the beach where we belong.

If you've done the work - attained knowledge, practiced meditation, and so on - with the intention of finding the truth, then you're probably *already holding the key to enlightenment*. It just needs some fine-tuning. By your intention and seeking you created that key yourself, the door for which is inside you.

You can't fit through it unless you've shed worldly attachments and dismantled your ego piece by piece – left behind all your baggage. This takes time.

"Ego is the veil between humans and God." – Rumi

You don't need to belong to any religion or a cult to do these things. We are **one** interconnected community. All along, we just needed to choose to seek wisdom and ignore distractions – to choose knowledge over ignorance. *To not box ourselves in with beliefs or belief systems (they were all borne of this same illusion, were they not?)*

In the likely event that new religions and cults start to emerge, remember that you are a sovereign being, and you belong to no one. Follow *your own heart*; and hold to love – the rest follows that. No one can give you enlightenment because it's already in you.

"No knowledge comes from outside; it is all inside." – Swami Vivekananda

4-Hour Masterclass on Conscious Living – Eckhart Tolle compilation

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Enlightened people have no attachments, not even to themselves, no desires or material wants. Until that describes you, continue to seek enlightenment – with intention and curiosity, actively seek truth, love, compassion, and freedom – in the present moment. *Be that energy*, and nothing else. The rest is ephemera.

You and I don't *technically* exist. Specifically, what doesn't exist is the '<your name>' you – that person was born within this illusion of manufactured scarcity and has a personality built out of all the filth and mire this illusion has put you through. We're convergences of thoughts; spiritual consciousness within consciousness amid stacked spheres of dimensions and energy systems. The 'you' that exists is a fractal of a universal consciousness that perceives and interacts with things - that's what's eternal - your soul/consciousness - "the observer." It's the only part of you that fits through that door inside you - the observer of your life unfolding before you. In terms of reincarnation, we

could say you're the observer of *all* your lives, that, together, form the total evolution of that soul.

Think of how Yogis behave, or Buddhist monks, or other masters of meditative arts. They aren't neurotic or silly. They understand the prior concept and have dissipated their shadows; mastered breathwork; mastered meditation; attained knowledge; shed their ego. They know what it takes to fit through that door. They are nothing except present, positive, compassionate, curious energy.

Imagine yourself. Now imagine yourself facing your shadows, mastering meditation in a year or so, understanding breathwork and mindfulness. And with your worst stressors, by then reduced to background noise a few rooms over, their last few embers blanketed in ash. And then...quiet. Perfect silence, perfect mind. You're on the threshold – your hand is on the doorknob and the key is in the keyhole. Turn it, and not only will the lock click – so will everything else.

"It is said that before entering the sea a river trembles with fear. She looks back at the path she has traveled, from the peaks of the mountains, the long winding road crossing forests and villages. And in front of her, she sees an ocean so vast, that to enter there seems nothing more than to disappear forever. But there is no other way. The river can not go back. Nobody can go back. To go back is impossible in existence. The river needs to take the risk of entering the ocean because only then will fear disappear, because that's where the river will know it's not about disappearing into the ocean, but of becoming the ocean." - Kahlil Gibran

Trust the process and *know that you have it in you, both figuratively and literally*. You'll hit mesas, plateaus, and mountains. If you don't traverse the plateaus, you'll never find the next incline. Press on and keep going. Feeling stagnant from time to time is part of the process. Rise to that challenge. Your effort and your intentions are more important than the end result; don't expect yourself to be perfect. Expect yourself to try.

You've got this.

Be fearless.

"Splinter a piece of wood, and I am there. Lift up the stone, and you will find me there." - Yeshua (Jesus)

Forty-two

Throughout 2024, I'd been working on a conceptual write-up, but I left the notes scattered, half-baked, and on the back burner, filed as “42” (à la *Hitchhiker’s Guide to the Galaxy*). I could never quite get it to come together. It sat like that until the back burner turned itself on about two weeks ago. Nearly every day since, including twice so far today (Mar 30, 2024), it's basically grabbed me by my face and yelled, “Time for the thing!” So, I guess – now.

Relatively recently, in the most uncanny chance encounter I've ever had, I met someone, and I'm still working through the ripples. I felt myself cross a threshold somewhere in there; the shift unfolded slowly and for lack of a better way to put it, I'd started noticing that *everything* felt just a little bit different after a certain point (it still feels that way, now). We had discussed it – later – but only within the context of cosmological generalities; I hadn't realized yet that this wasn't something that happened adjacent to the moment we met – the shift I perceived *was* the moment we met.

We'd readily agreed that it was 100% certain that our encounter was orchestrated; the impossible, concentric, persistent unfolding circumstances of which had left us both in perpetual, amused bewilderment. Her name is Gaia – an associated name, but not her real name. And I love her – a bit more than one can love another whom they've only known for a moment – but this is not a love story. Actually, I guess this is a love story. It's the story of each of us – of trusting the process and flowing without effort. It's a lit signpost that there really is something out there in the unseen world guiding us - and that all these distractions (look around you), including our own ego, keep us from noticing. It's a reminder that we don't have to try to force life; we can just effortlessly follow the signposts.

Did someone else build the signposts, or are we building them ourselves through our thoughts and intentions?

For thousands of years, people have noticed this all-encompassing energy system, a quantum network of signposts guiding our way. They've experienced the gnosis, the inherent *knowing*, that comes with each signpost, and have assigned all sorts of names to it and to aspects of it. God, The Holy Spirit, The Tao, ākāsa, Logos, gnosis consciousness, source, the æther, and “The Force” are among numerous examples. It's everywhere and its effects are everywhere. It's what powers the atom - it's the source of that “free clean energy” you keep hearing rumors about.

Circa 2017, in the Large Hadron Collider, scientists smacked two lead ions (nuclei) together at near the speed of light and achieved a temperature of 9.9 trillion degrees Fahrenheit – just shy of the 10 trillion degrees F temperature at the moment we refer to as the “Big Bang.” The result was the same – gluon and quark soup with zero atoms: a plasma.

In a sense, we're still in that soup. It's an all-encompassing cloud to which everyone and everything is connected, and where the whole universe, including all consciousness, is encoded into each small part. (Remember when I told you the answers are already within you? It's not just true – it's literally true.)

“Love is the whole thing. We are only pieces.” – Rumi

It's why universal and spatial dimensions exist, and it's why anything exists at all. We can “reach out” into and through it with more senses than we realize we have. It's why remote viewing works both now and “across time.” It's why patterning works. It's why transmutation works. And it is consciousness itself. It's a vast ocean teeming with life.

When you begin to work on your own consciousness (meditation, truthfulness, love, compassion, etc.), you begin to recognize this universal consciousness around you, within you. It takes on all forms - signs and symbols. Colors, music, memories. A synchronicity that comes with a gnosis (or in Hinduism, jñāna) that you begin to recognize as readily as your best friend's voice on the telephone. You'll never need to ask yourself “Is that the thing? Is this a sign?” - you'll know it experientially - just leave your ego out of it. *Your ego's job is to fuck this up*.

Everything I've mentioned above are why there's true power in:

- Imagining yourself succeeding and thinking positive thoughts in general.
- Feeling grateful [for anything].
- Having loving intentions and being compassionate toward all living things.
- Being kind to *yourself*.
- Knowing that everything is going to be okay.
    - It is – you only have to believe it to make it real – that's called "faith" - trusting the process of your life unfolding for you, moment by moment. Signpost by signpost.
    - Negative thoughts make your life harder. Positive thoughts make your life easier. Why do we wallow? It's self-defeating; it's bullshit. Negative thoughts put up very real barriers in our own path, which then get in our way later.
    - Our thoughts create our reality. Use them as a tool and Take. Your. Power. Back.

Everything you think and say and write *(everything)* puts a frequency of energy out into the world, and to the people and the consciousness around you. The world, and the people you interact with, are going to transmute whatever that energy is, and send it right back to you – subconsciously – like a sentient mirror that processes and alters the image based on the type of energy received, before “reflecting it” back.

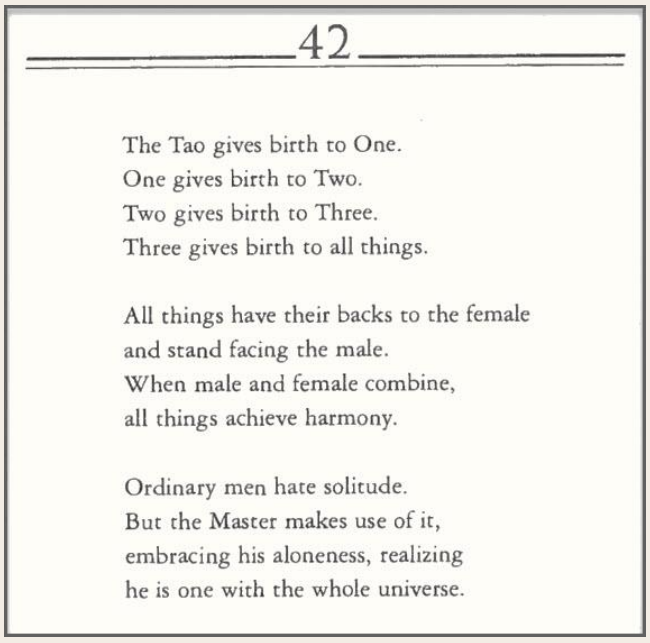
You can't see the energy, but it's there. It's why some folks seem to "light up a room", or the opposite, when they enter. You have a sort of "base energy" that you carry with you, built of your own thoughts and emotions. In a word, you can think of it as your 'aura', though I prefer the term ‘biofield’. It's your own internal and external quantum energy, both inside as well as just outside of you, around which you create your REBAL. It is *quantum* energy because it's connected to everything, regardless of distance, and it travels at the speed of thought via quantum entanglement – which has a travel time of “instantly.” It doesn't matter whether the relative distance is 1 light year or 1 billion light years. *Instantly.*

People have felt loved ones pass away from the other side of the globe at the exact moment of passing due to this very phenomenon. There are innumerable examples of this

“instant communication” and “instant cloud reading”, which many of us already experience daily, and usually either don't notice, or ignore because we're distracted.

With this understanding you can start to rebuild your own energy. Stronger – more positive with a clearer frequency. Follow the guide’s Consciousness pages in earnest and you'll eventually start to have breakthroughs. You'll literally change yourself, physically, mentally, and spiritually, for the better – and you'll feel it. It's already within you.

What happens when scores of people start rebuilding their energy better, which affects everyone and everything connected to them, regardless of distance? What happens in that cloud of universal consciousness? How might it transmute such a mass of concentrated positive energy and reflect it back?



42

The Tao gives birth to One.
One gives birth to Two.
Two gives birth to Three.
Three gives birth to all things.

All things have their backs to the female
and stand facing the male.
When male and female combine,
all things achieve harmony.

Ordinary men hate solitude.
But the Master makes use of it,
embracing his aloneness, realizing
he is one with the whole universe.

- Ancient China: male: yang (solar, **active** energy) | female: yin (lunar, **receptive** energy)
- Hinduism: Prakriti (**active**; material – means “creatrix” – the female creative energy; *singular*) | Purusha (**passive**; the soul, the Self – pure consciousness; *countless*)
- Gnosticism: “It is **movement** and **repose**.” – Yeshua (Jesus) [Gospel of Thomas, saying 50] when he told us of the "sign of God" within us: activity and receptivity – with some minor nuances, this is the same as with yin & yang from ancient China, Prakriti & Purusha from the Sāmkhya Karika, and male & female from Tao Te Ching, zhāng 42.
- Ancient Mesopotamia: In the Enuma Elish, Marduk and Tiamat represent order and chaos, respectively. Marduk’s victory over Tiamat leads to the creation and organization of the cosmos by transforming the chaotic elements of Tiamat.
- How and why did ancient China, Hinduism, the Tao Te Ching, the ancient Babylonians, and Jesus all discuss the *exact same concepts?* It doesn’t stop at dualism – e.g., the quote from Jesus and the Tao Te Ching both indicate that yin & yang came from something – that these dualistic energies are not fundamental.

We're each a fractal of one universal energy; one universal consciousness. We're souls; human beings with divine sparks. Forgetful aliens. Infinitely interconnected individuals.

Both active and receptive - a cycle of movement and repose. What exactly that means, though? It certainly *appears* to mean that you're me, I'm you, and we're us. **One.** Somehow…that's true. This separation that creates a "you" and a "me" is part of an illusion – a universal hologram; the Maya. And as big as our universe is, it's also just a small part of a much larger set of energy systems. It's "where" your soul goes when you astral project and dream; you're not usually 'in this dimension' when you dream. You're in another – and you arrived there instantly.

We can create shared intentions and make them a reality. That's how this entire place works. Since we further know that "the answers are already within us" - do we even need instructions? Probably not, beyond the regular practices I'm always yammering on about - meditation practice, psi practice, knowledge, morality, love, always telling the truth, being compassionate. Water, sun, exercise. Forgiveness. Each other. The strength of our combined energies multiplies exponentially when all of these come together, and we can transmute that into something even more beautiful. I suspect that, like everything else, the "how" will reveal itself after we collectively begin to step toward it. Perhaps we need to create that, too.

What are we actually *doing* when we do these practices? Well, quite a lot, but staying in context, we're creating that "path" that I told you you'd start to perceive in front of you - the one for which I said I'm trying to help you build yourself a key so you can open the door at the end. What's on the other side of that door? "Enlightenment", right? Basically - yes, but **you** are what's behind that door: your Highest Self. These practices change you - they make you wiser. Those changes are a path - to where? These practices mold your current thought form into something more closely resembling the "best version of yourself that is possible." So, why is this not the one thing we spend most of our time on? It's the only thing that matters, after all.

Ah, right – all these distractions. Well…we have some decisions to make, then.

Stay in the now. Flow with it, learn from it; let life happen for you, as it already does. Be truth. Be love. Be compassion. Don't expect perfection from yourself – but do lean into it and make a conscious intentional effort; that's all it takes. Would it surprise you to learn that this is ultimately the way to 'escape'?

"Why do you stay in the prison when the door is so wide open?" - Rumi

Trust the process, and everything falls into place.

💚 🌎

"The greatest help is self-help; there is no other help but self-help – doing one's best, dedicating oneself wholeheartedly to a given task, which happens to have no end but is an ongoing process." – Bruce Lee

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Parting words of wisdom from Alan Watts, Jim Carrey, Paul McCartney, Michael Peter "Flea" Balzary, Robin Williams, Trent Reznor, Terrence McKenna, and Jim Morrison.

Consciousness III: Psi Training

Jedi Knight 103 – Akasha; Aether; Astral Light

version 1.41 | Jun 24, 2024

Modern Psi Intro

All human beings have psychic (psi, psionic) abilities, but since we never practice, those 'muscles' are often weak; they're dormant, latent. With practice, we can strengthen them. Yet 99% of us are still walking around day by day, intelligent but gloriously dysfunctional because we're wielding the most powerful instrument on the planet, and no one ever taught us how to use it.

However skeptical one might be regarding psi, disclosure revelations have repeatedly corroborated central claims in this guide. On April 24, 2024, Ross Coulthart did an AMA ("Ask Me Anything") on Reddit. At one point he was asked what "one word" people haven't really considered as being relevant to disclosure but was actually very relevant. Ross replied, "Psionic." *(direct link)*

- Psi Primer: Gain a basic understanding of consciousness, intention, and psi (our innate "magic") with Dean Radin, M.S., Ph.D. from a scientific perspective.
- Real life spy stories: February 6, 2024 - Joe McMoneagle interview – 6 hours – with retired Navy SEAL Shawn Ryan.
    - Joe's been deceased for decades now, by assassination (poisoning) – funeral and all. And yet, here he is. (They talk about this in the interview.)
    - You may have seen Joe McMoneagle referenced in declassified CIA documents – he's "Remote Viewer #001."
- April 11, 2024 - Frederick H. "Skip" Atwater interview - Skip Atwater is a retired U.S. Army Lieutenant who took the initiated the Star Gate Legacy Program (remote viewing) and was the president of the Monroe Institute for 25 years. Topics: Childhood spiritual influences, military interest in remote viewing, synchronicities, the Fort Meade program, remote viewing training, Inigo Swann, The Monroe Institute, postmortem assistance.
- During the Vietnam War in the 1960s and 1970s, the United States was testing a heavy, rifle-mounted night vision scope in the field, called the Red NVG Starlight Scope that 'turned night into day'. The Starlight was infrared-based night vision. Because it expanded vision capabilities into the infra-red area of the spectrum, they were able to see entities flying around that their eyes couldn't perceive, and it caused psychological distress for the soldiers and made it difficult for them to function and pull the trigger when looking through those scopes. Entities in this area of the spectrum have been referred to by some folks as "lower vibrational entities."

Nowadays, night vision goggles are most often green - in the middle of our already-visible light spectrum.
    - Here's the (paywalled) proof.
    - Here's an interview about it (@ 46:25).

General Psi Resources

Aphantasia: Lue Elizondo & Sean Cahill | Reddit discussion

- Society for Psychical Research
- International Consciousness Research Laboratories (ICRL)
- Institute for Advanced Consciousness Studies (IACS)
- Princeton Engineering Anomalies Research (PEAR)
    - PEAR Publications
- Center for the Unification of Consciousness and Science (CUSAC)
- New Thinking Allowed Foundation *(YouTube)*
- The Monroe Institute *(YouTube)*
- Institute of Noetic Sciences (IONS) *(YouTube)*
- The Bigelow Institute of Consciousness Studies (BICS)
- Ingo Swann
- Professor Dean Radin
    - Dean Radin's Recommended Psi Reference Papers
- The Psi Encyclopedia Website
    - Psi Publications from Researchers

Step 1. Practice Psi

- IONS Psi Arcade: The Institute of Noetic Sciences (IONS) is a non-profit research organization that explores topics related to consciousness, mind-body interactions, and psi phenomena (e.g. telepathy, precognition). It was founded by astronaut Edgar Mitchell in 1973.
- PsychicScience.org: This is a psychokinesis trainer that "works a treat", as one person said. You choose an image you want, and another you want to avoid. The app scrambles both, and a random number generator gets you closer to one or the other. Try with just black and white too.
- Virtual Galton Board: You may have seen it in science class or as a paying game in a dingy café. It's supposed to demonstrate how probabilities pile up towards the mean. You will of course attempt to pile the balls towards either side. Very configurable, try the max size and speed settings.
- Retropsychokinesis: An experiment that has been going on for 20 years or so, that you can still join. True random numbers are generated sometimes in the past. They are now disclosed to you one after the other. You will try to influence them.
- ESP Trainer, iPhone app by Russell Targ (Android has a clone made by someone else)

It doesn't matter whether your tests yield high success or zero success - move on to step 2 in either case. Keep working at meditation and come back to Step 1 in a week or two. Bear in mind that 'failing' the above games means very little. There are dozens of elements of consciousness/psi that are, at present, beyond the scope of this guide - no one's good at all of them. How often is a group of superheroes, or even just a group of people on a TV show, portrayed as having the same smarts or abilities? Our art reflects our reality – we're a unified diversity, the lot of us. And it's precisely that diversity - individuals forming a cohesive whole - that surrounds the positive endings of those shows, from The Goonies to The Umbrella Academy, and from The Breakfast Club to The Avengers. You just need to find your flavor, so to speak.

Step 2. Practice Creating a REBAL

A **REBAL** (**R**esonant **E**nergy **BAL**loon) is an energy field (or 'radiation shield') that you overlay on your biofield/aura. In a word(s), you create it with your imagination; with an intention - a thought. Prior to the Monroe Institute, REBAL has been referred to as "armor of light."

- Organic Biofield ("aura") Sensor, by Harold "Hal" Puthoff, Ph.D.
- Biofield PPT *(& more biofield info)* from Craig Hendricks
- REBAL visuals & sketches (scroll down a bit)
- *Many in the psi community consider astral projection and any intentional psi experiences (including the likes of CE5) without a REBAL to be dangerous. I concur.*

"REBAL" itself is an aphantasia-friendly visualization technique (an ancient one, at that) used in the earliest days of Hemi-Sync studies at the Monroe Institute. A REBAL creates a sense of energetic containment and support around the body. It is a way to create a safe and comfortable space in which to experience altered states of consciousness.

The REBAL technique can be used by anyone, at any time (in-meditation or while walking down the street), with or without the Gateway tapes, and regardless of experience level.

To create a REBAL, the individual imagines themselves surrounded by a sphere of light and energy. This sphere should start at about the size of a large beach ball, grow to envelop you completely, and it should be centered around the heart chakra, with the REBALs energy flowing out of the top of your head, swirling around your body, and re-entering the bottoms of your feet. The individual then imagines themselves breathing in and out of the REBAL, drawing in energy from the universe and radiating energy out.

To those with aphantasia, you can think of your REBAL in terms of the movement of unseen energy rather than trying to visualize it. Read "Step 2" here, look at the images, and transmute those images in your mind (i.e. "Think of it your way").

The REBAL:

- Is a ball of energy (yours) that surrounds you, and you 'float inside'.
- Holds your energy/radiation in and protects you from any unwanted outside energy or energy fields that you encounter, unless you intentionally open any part of your energy field (REBAL) and allow desired energy in.
    - *Note: Many experienced folks consider OBE without a REBAL to be dangerous.*
- Creates a sense of safety and comfort during meditation or other altered states of consciousness.
- Increases energy levels and vitality and promotes healing and well-being.
- Enhances psychic abilities and spiritual development.
- Facilitates out-of-body experiences (OBE) and astral travel.

Basic steps to create a REBAL during any meditation (or skip the meditation part and just create one while you're eating popcorn - *any time*):

1. Find a quiet and comfortable place to sit or lie down.
2. Close your eyes and take a few deep breaths.
3. Imagine yourself surrounded by a sphere of light and energy. This sphere should start at about the size of a large beach ball, centered on your heart, and grow to envelop you completely.
4. Imagine yourself breathing in and out of the REBAL, drawing in energy from the universe and radiating energy out into the world.

Technique to increase your REBAL energy field:

- Inhale/exhale, imagining "sunlight" that's all around you filling your head, your body, and coming out your feet, creating a "great ball of light" expanding all around you.
- Your intention while doing this should be to keep everything positive in, and let out all negative energy.
- Envision the energy flowing out of the top of your head, swirling down and all around you, and re-entering the bottom of your feet.

From the Monroe Institute manual: "To create your REBAL, inhale, and as you hold your breath, think of a bright moving circle with the number ten inside it. Exhale, letting the circle move down, around, and over you. You will automatically reabsorb your REBAL upon completion of any exercise, or by inhaling deeply and thinking of the circle moving back into your body." *(source)*

Once you have created a strong and stable REBAL, you can begin to use it for your intended purpose.

REBAL Guides:

- REBAL instructions - MP3 [1:22] - Audio of Robert Monroe's REBAL instructions *(source: Gateway, Wave I)*.
- Tips from Craig Hendricks - Biofield imaging clearly shows the energy states before and after the establishment of the REBAL - a technique to increase your energy field.
- Tips from Monroe Institute - Tips for Strengthening, Expanding, and Using Your Biofield with the Resonant Energy Balloon (REBAL).
- 3 Tools from Monroe Institute - Here are 3 tools—proven techniques—that have been supporting people like you for decades. We use them in our core programs at the Monroe Institute, but you can also use them to great effect on your own. These tools are designed to work with or without audio guidance.

Step 3. Practice Remote Viewing

"In my experience, there's no such thing as 'luck'." -Obi-Wan Kenobi

Remote Viewing Subreddit | **Wiki** | **Start Here** | **Discord** | **Weekly Practice Post**

Remote Viewing: The practice of using extrasensory perception to see or describe a target, regardless of distance, shielding, or time.

Another one you can practice anytime. Remote viewing is, for many people, the fastest-to-self-proof that it works; with practice and focus, you can learn to do this outside of meditation, in your daily waking life, with your eyes open. Many remote viewers have practiced to the point where they can 'walk through the target area' to inspect numerous objects and/or subjects.

Click here for a primer from Joe McMoneagle, a.k.a. CIA Remote Viewer #001 (February 6, 2024). Joe offers insight into how and why it works, and how to set oneself up for success when learning remote viewing.

Remote viewing is using only a portion of your energy to access dimensions / realms that your soul / astral body wouldn't normally be able to access.

As Joe McMoneagle said, successful remote viewing requires intention, attention to detail on the target, and a knowing that you can do it successfully. Leave ego out of it; it only takes your ego about 1 second to step in and ruin the whole attempt.

- 5-minute training video from Russell Targ
- Russell Targ's TED Talk on Remote Viewing *(March 22, 2020)*

Remote Viewing Books

Amazon links are marked with (A). Broad and generalized psi books are in the library here.

- Mind-Reach *(A)*, by Russell Targ and Harold "Hal" Puthoff (1977) – The book that led to the U. S. Army's psychic spy program and the subsequent prominence of remote viewing. The protocols that physicists Targ and Puthoff developed at the Stanford Research Institute are still in use today and have proven again and again in laboratory settings that psychic ability is universal.
- Signal and Noise: Advanced Psychic Training for Remote Viewing, Clairvoyance, and ESP *(A)*, by Sean McNamara (2020) - This book can be used as a complete training system.
- Superpowers Of The Human Biomind, by Ingo Swann (dot com) DB and Remote Viewing Studies – Explores the potential of the human mind to access and utilize extraordinary abilities.

- Limitless Mind *(A)*, by Russell Targ (2004) – A guide to remote viewing and the transformation of consciousness.
- Remote Viewing Secrets *(A)*, by Joe McMoneagle (2023) – A remote viewing handbook that teaches you how to teach yourself.
- The Foundations of Controlled Remote Viewing *(A)*, by Paul H. Smith (2023)
- The Controlled Remote Viewing Manual (1986 *(intel doc)*)
- Remote Viewing, The Real Story: An Autobiographical Memoir, by former military intelligence officer and remote viewer Ingo Swann (1979) – Shares his personal experiences with remote viewing and provides insights into the history, theory, and practice of this controversial phenomenon.
- Penetration *(A)* (Ch. 5 - Moon remote view), by Ingo Swann (1998) – Describes his involvement in classified government projects related to remote viewing and his interactions with intelligence agencies. He recounts his psychic explorations, including remote viewing sessions targeting various locations on Earth and beyond.
- Cold War Psychic Spying - Strategic Analysis (2008)

RV Practice Apps

- iPhone App
- Android App

Hemi-Sync Explainer

Hemi-Sync on Spotify: Playlist 1 | Playlist 2

Robert Monroe, founder of the non-profit Monroe Institute, studied and employed Hemi-Sync in his studies of consciousness, eventually creating the Gateway Experience. The Gateway Experience is Hemi-Sync + REBAL + Guided Meditations (etc.). The CIA used the Hemi-Sync technology in their Legacy Programs' parapsychological studies (people like Hal Puthoff assisted and advised in some of these studies). Remote viewing, for example, was employed in live situations (tactical assessments, rescues, espionage) and were monumentally successful during the Cold War, and remain so to this day. As you'd expect, though, advancements we've made since then - the 80s/90s ish - remain classified.

Understanding Hemi-Sync: Think of yourself wearing headphones, or click one of the above links. In the left ear, a flat tone plays at, say, 100 Hz. In the right ear, a flat tone plays at just above or below it, e.g. 104 Hz. Your brain will notice this difference, because noticing differences is what it does, and it'll process the 4 Hz, causing the two flat tones playing simultaneously to be perceived by you as an unmistakable vibrato. Both tones are flat - the vibrato is created by your brain; to prove it to yourself, pull one earphone off and leave the other. Alternate ears to hear the flat tone in each ear.

What's happening: Your two brain hemispheres are synchronizing. Normally, the left brain pre-processes everything you see, hear, etc. The right brain accepts all input without processing. To illustrate this quickly, hypnotism puts the left brain to sleep; this is why they can actually get people to cluck like chickens and whatnot. It's not pseudoscience - it's science.

When your hemispheres are synced like this, "clicking out" of your body (i.e. OBE/astral) becomes easier, because your left brain *tries to prevent this*. Since it's synced with the right, the pre-processing of the left brain is less of an issue for successful OBEs.

Hemi-Sync is explained in (excruciating) detail here.

Gateway Experience

Gateway Tapes Subreddit | **Wiki** | **Start Here** | **Discord** | **Guide: Reaching Focus 10**

The Gateway Experience is superior to meditation alone, but meditation alone is plenty. Gateway is optional, but I strongly recommend it. The Monroe Institute was founded by Robert Monroe in 1971.

From the first bullet of the CIA Docs page: Analysis and Assessment of the Gateway Process, 1983 | (*backup link*), declassified on September 10, 2000 - The Gateway Process was used by the CIA in one or more of its "Legacy Programs." The CIA's version of the same doc (source) was written by Commander Wayne McDonnell, who was among those assigned to intelligence operations during a critical period of the Cold War, focusing on signal intelligence, cybersecurity, and parapsychology activities, among other things. What's strange about the release of this document is that it's missing, of all pages, page 25. The CIA claims that they don't have it. To this day, their copy is still missing page 25. On June 10, 2021, however, a copy of the same document was provided to the public domain by the Monroe Institute, the creators of the sound technology being assessed - it includes the missing page 25 / PDF page # 27, which contains critical list items #35 and #36.

- **The Monroe Institute**
  - Official App: Expand - *Hemi-Sync meditations and consciousness exploration. As of May 2024 it contains ~20 free meditations.*
  - Monroe Institute Programs - *Online workshops, classes, retreats.*
  - Monroe Institute Store - *Gateway Experience and other meditation explorations.*
  - Monroe Institute @ The Internet Archive – *Massive archive of audio, video, and articles from the Monroe Institute.*
- **Hemi-Sync Commercial Site**

Free Gateway Meditations

- Free Meditations from Monroe Institute
  - YouTube Playlist (30+ meditations)
- Gateway Voyage discussion with Robert Monroe (AP/OBE)
  - Gateway Voyage: Intro
  - Gateway Voyage: Open Exercise
- Hemi-Sync Guided Meditation (relaxation)
- Balance & Healing (chakras)
- Streamhaven (mind sanctuary)
- Hemi-Sync on **Spotify**: Playlist 1 | Playlist 2

Core Gateway Experience

- Wave I - Discovery
- Wave II - Threshold
- Wave V - Exploring
- Wave VI - Odyssey

Additional Gateway Tapes

- Wave III - Freedom
- Wave IV - Adventure
- Wave VII - Voyager
- Wave VIII - Union

Lucid Dreaming

Lucid Dreaming Subreddit | **Wiki** | **Start Here**

- EachNight Guide
- Ultimate, no BS Guide
- Concise Guide
- SleepAdvisor.org Guide

A lucid dream is any dream where you realize within your dream that you're dreaming / are asleep. Once realized, you can go a step further and take *complete* control of your dream. Lucid dreaming involves becoming aware that one's current experience is a dream, which has similarities with the notion of mindfulness – becoming aware of moment-to-moment changes in experience.

Some people can control aspects of their lucid dreams, like flying, talking to characters, changing the scenery, or changing the whole situation – sort of like switching the movie whereas you are the main character as well as the writer & director in *both* movies. With practice, you can make your worst nightmares perform a dance routine for you while wearing pink top hats and dinosaur-feet slippers. *"Riddikulus!" - Remus Lupin*

Studies have shown that brain activity patterns differ during lucid dreams compared to regular sleep. Folks with a strong meditation practice and those who practice non-propositional (i.e. non-judgmental) meta-awareness can enter a lucid dream state more readily than control groups.

Astral Projection / OBE

The term “astral” derives from the Latin word “astralis,” which means “pertaining to the stars.” This, in turn, comes from the Greek word “astron,” meaning “star.”

OBE is the acronym of Out of Body Experience, a phenomenon where a person perceives themselves as being outside their physical body, often feeling like they are observing their body from a different location. This sensation can be spontaneous or induced through various practices, such as meditation, lucid dreaming, or near-death experiences.

Our understanding of what is physically occurring during astral projection experiences is limited. Researching terms such as the “subtle body” from Eastern traditions (Taoism, Hinduism, Jainism, and Buddhism) and “body of light” from Western traditions (Plato) will offer some insight. For more historical context, research the ancient Egyptian concept of “ka” (the astral body).

Astral Projection Subreddit | **Wiki** | **Start Here** | **Discord**

- AP Facts
- AP Misconceptions
- The Lucid Dream Overlap
- Astral Doorway YouTube
- Astral Club YouTube
- Astral Pulse, ‘the Frank Kepple Resource’
- Sleep Paralysis and Astral Projection
- The Guardian of the Threshold

Astral Projection Books

Amazon links are marked with (A). Broad and generalized psi books are in the library here.

- Audiobook (YouTube) of Invisible Helpers, by C. W. Leadbeater (1915) – Discusses the idea that certain individuals possess the ability to leave their physical bodies and assist others in need, often in the form of spiritual or psychic aid. Leadbeater describes various types of invisible helpers, including those who work during sleep or meditation, as well as those who consciously project their consciousness to provide assistance.
- Beyond Dreaming *(A)* [free audiobook], by Gene Hart – Written by the voice behind the Astral Doorway YouTube Channel (some of Gene’s AP guides). The approach in this book is on the practical understanding of out-of-body consciousness, rather than on intellectual debate or speculation. It aims to address frequently asked questions that Gene has received from hundreds of people struggling to achieve Astral projection. As explained in the book: *"Through practical understanding alone, we get rid of the need for ineffective methods and complex practices which harbour self-doubt, often seen in books which promise quick results through techniques*

backed by little explanation. When we instinctively comprehend the mechanics behind out-of-body experiences, we adopt our own intuitive practice."

- The Illusion of Method *(A)*, by Mark Gurriaran (2021) – 'Undressing the core practice of astral projection, lucid dreaming, and other psychic phenomena.' Written by a Redditor who had a revelation about astral projection circa 2020. Here's the author's original AP guide, here's proof that it works, and here's the author's book announcement.
- Astral Projection Without Tears *(A)*, by Mark Gurriaran (2022) – 'Through analogy, Mark simplifies the process of leaving the physical body while getting rid of unnecessary terminology, steps and protocols.' This is a one-night-read OBE travel primer written by the author of Illusion of Method.
- The AP Guidebook, by Erin Pavlina – Detailed PDF guide – Basics, environment, preparation, clicking out, navigation, and safety.
- Adventures Beyond the Body *(A)*, by William Buhlman (1996) – Detailed guide for AP, based on extensive personal experiences with OBEs and years of research and teaching on the subject.
- The Phenomena of Astral Projection, by Sylvan J. Muldoon and Hereward Carrington (1951) – Delves into astral projection, including the techniques for inducing it, the experiences one may encounter during projection, and the potential benefits and risks involved.
- Projection of the Astral Body, by Sylvan J. Muldoon and Hereward Carrington (1929) – Discusses techniques for inducing astral projection, including relaxation, visualization, and mental exercises. They also delve into the nature of the astral body, the experiences one may encounter during astral projection, and the potential benefits and dangers associated with this practice.
- The Techniques of Astral Projection, by Robert Crookall, Ph.D. (1964) – Explores relaxation techniques, visualization exercises, mental focus, and other practices that individuals can use to facilitate the separation of consciousness from the physical body.
- Practical Astral Projection, by Yram (1967) – Covers topics such as relaxation, visualization, meditation, and mental discipline, offering step-by-step instructions for inducing and controlling out-of-body experiences.
- Astral Doorways, by J.H. Brennan (1971) – Guidance on relaxation, visualization, and meditation practices to facilitate the separation of consciousness from the physical body.

Clicking Out

"Clicking out" refers to the sensations and perceptions experienced by an individual when their astral body (soul, consciousness) separates from their physical body. It can be scary, but fear will cause it to fail 100% of the time. Instead, lean into it. The notes below serve as a short summary; the books and resources available in the links and books above contain far more information than I can include here. It helps to have a basic understanding of how to walk yourself through Progressive Muscle Relaxation (PMR) *(guided sample)*, which you can employ during the "Don't move at all" step.

1. Either set an alarm to wake you up 3-4 hours after you sleep (ensures your brain is in a tired state but *somewhat* rested), or plan to do a longer meditation while lying on your back. The mid-sleep alarm method has helped a lot of people achieve their first successful click out. (if you have to use the bathroom, go)
2. Play something akin to this, where similar guidance is offered, and only in the beginning of the audio, or use Hemi-Sync. Give yourself several minutes to fully relax.
3. Lie down and put a pillow under your knees. Check for itches and points of discomfort.
4. In the Gateway Experience (Wave I), Robert Monroe instructs on two primary intentions/desires - use these as you wish; my advice is to set your own and then memorize that. If you enter an OBE with the intention of asking a specific question, you'll often find the answer or part of the answer.
    1. "To expand, to experience, to know, to understand, to control, to use, such greater energies and energy systems as may be beneficial and constructive to me and to those near and close to me."
    2. "The help, cooperation, assistance, and understanding of those entities whose wisdom, development, and experience are equal or greater than my own."
5. Don't move at all. Lie completely still, create a REBAL, and let your focus deepen. Whether this ultimately results in the 'eyelid show' I talked about before (colors, shapes, pictures), or a more energy-centric deepening, the next step is the same.
6. Focus in on those things. Don't think about anything, just observe what's happening in your mind and only try to make sense of any images you might observe. "That could be a tree, that could be a car." They start out as swirls, then light shows, then vivid colors. Don't react, just watch. A full face might appear, follow their gaze, try to look at their features. A car may appear, look at its details, try to make it stick around longer. Do that each time a scene appears.
7. Whatever happens, follow it with your gaze. That gives it more energy to create a dream world around you. More things will start to stick in your vision, a vision of a car may birth a whole city behind it and you'll be fully in your dream and 100% aware that your body is asleep but your spirit body is having an experience.
8. Some people, at or even long before this point, feel their entire body vibrating. Relax all your muscles. Forehead and jaw, especially. If you feel like you're falling through the bed or floating about, let yourself fall and float (what are you gonna do, bonk your head?). Some people say that they 'lean into it' and that works. Don't let the automatic response - fear of falling or the unknown - kick in and take over. That's a barrier to AP; it just takes some intentional practice to not participate in that fear.
9. You can practice anything in your dream world, even before 'clicking out.' Flying, world manipulation, everything is at your disposal.
10. Click out. If you feel stuck here, don't give up - it's been quite a wall for most of us, in more ways than one. You could also research the AP books linked above, turn your attention to other psi, read something else, or turn inward during your next meditation and look for shadows. Try a Guided Hemi-Sync AP or The Phase. Keep looking inward during meditations. Just don't give up.
11. Once you click out, you'll be experiencing an extra dimension in real time. Your body will continue breathing on its own.
12. You can start exploring this in your REBAL.
13. Follow the advice in the Astral Safety Guide.

Disclosure Newswire

version 1.11 | Jun 11, 2024

News Resources

The Debrief | Sentinel News | Liberation Times | NewsNation | The Hill | Ground.News

- World Press Freedom Index: 2024

Disclosure Developments (2024-Present)

- *Curated from the massive and ever-growing field of disclosure-related news.*
- *More disclosure updates (interviews, documentaries, etc.) are in the Video Repository, which includes 2021 and onward.*

Date	Source	Link	Category	Description
11 Jun 2024	Marik von Rennenkampff	Article @ The Hill	Politics	Key members of Congress delivered an astounding rebuke to the Pentagon's UFO analysis office last week, doubling down on whistleblower allegations of secret U.S government UFO programs. Congressional legislation formally introduced last week represents a remarkable rebuke of AARO and Sean Kirkpatrick's emphatic denials.
3 Jun 2024	Tim Lomas, Brendan Case, & Michael M. Masters	Academic Paper @ ResearchGate (*PDF link*)	NHI hypothesis	The cryptoterrestrial hypothesis: A case for scientific openness to a concealed earthly explanation for Unidentified Anomalous Phenomena
30 May 2024	Tim McMillan	Article @ The Debrief	AI	New Study Says AI is Quickly Becoming "Masters of Deception," Teaching Itself to Lie and Manipulate Human Users. Numerous real-world examples of advanced AIs that are, separately, teaching themselves to deceive humans – despite their instructions and programming.
9 May 2024	Marik von Rennenkampff	Article @ The Hill	Crash Retrieval Program	Top senators believe the US secretly recovered UFOs. "I encourage everyone to read this article carefully. It succinctly illustrates the distrust of AARO's former leadership. I was told some time ago that senior elements in AARO were trying to have Dave prosecuted for going public. And the Pentagon wonders why people don't trust them? Trust works both ways!" – Lue Elizondo, 9 May 2024
2 May 2024	Matt Laslo (*AskaPol*)	1. Article @ AskaPol	Public Hearings	Sen. Kirsten Gillibrand informed AARO interim director Timothy Phillips that she'd

		2. **May 3 follow-up** from Anna Paulina Luna on an as-of-yet unnamed Navy whistleblower: "We're working on doing something with USO [Underwater Submerged Objects], so we're talking to some people." The Congressional UAP Caucus confirmed previously that they're in talks with this whistleblower about publicly testifying.		like to have a public hearing this summer. Gillibrand told Matt Laslo in this [exclusive] interview: "And so he'[Timothy's] going to put together some data and information to disclose in a public hearing to show what work they've done, especially examples of things that were unknown that they've been able to figure out and examples of things that were unknown that they still haven't figured out so that the public can see the difference between what technology brings to this analysis to inform lawmakers on what we need to do. [. . .] But of note, the two whistleblowers that I've met with did not meet with AARO and refused to meet with AARO. And so maybe the next [AARO] director they'll meet with, but I can't assess them unless AARO can talk to them...We invited him [David Grusch] to come, and I was supposed to meet with him and Dr. Kirkpatrick together, but they ultimately declined that meeting."
1 May 2024	Moffitt Cancer Center	Article @ The Debrief	Consciousness	New research strongly suggests that cells possess a hidden non-genomic system that facilitates rapid cellular communication and decision-making independent of DNA.
29 Apr 2024	Marik von Rennenkampff	Post on X	UAP	Two cases at the Donnybrook, ND nuclear missile field in August 1966 - showing that AARO knowingly lied in their March UAP report.
28 Apr 2024	Marik von Rennenkampff	Post on X; Article @ The Hill	Politics	The Pentagon is lying about UFOs: Internally, the Pentagon says that anomalous [UAP] incidents are occurring all over the world, while externally they're still lying about lying.
19 Apr 2024	NYU Center for Mind, Brain, & Consciousness	Signed declaration and Article	Consciousness	Recent Rapid Advances & an emerging new picture of animal consciousness: A declaration signed by more than a hundred scientists, professors, and philosophers says that we need to take seriously the possibility that a very wide range of animals, including all vertebrates and many invertebrates, can have subjective experiences.
12 Apr 2024	Christopher Mellon	Article @ The Debrief	Politics	"AARO's recent report on the history of the US government and UAP was perhaps the worst government report I've ever seen. Adding insult to injury, its findings were uncritically reported by the mainstream press. To help set the record straight, I

				consulted a group of UAP researchers and historians."
10 Apr 2024	Christopher Mellon	Post on X	UAP	Repeated unidentified drone incursions in U.S. military installations, and occurring globally.
Mar 2024	Hon. Tim Gallaudet, Ph.D.	White Paper @ Sol Foundation	UAP [USO]	Beneath the Surface: We May Learn More about UAP by Looking in the Ocean (USO = Unidentified Submerged Object).
Mar 2024	The Sol Foundation	White Paper @ Sol Foundation	U.S. Policy	UAP in Crowded Skies: Atmospheric and Orbital Threat Reduction in an Age of Geopolitical Uncertainty - a commissioned report to explore policy reforms that could help the United States and other governments address the challenge of unidentified aerial (or anomalous) phenomena (UAP) while building bridges between potentially interested constituencies and existing stakeholders.
16 Feb 2024	Jeffrey Kripal, Ph.D.	Article @ The Debrief	UAP; Consciousness	Shooting Down Souls: Good Luck With That *[An article retained from the November 2023 Sol Symposium, and published 16 Feb 2024]*
15 Jan 2024	Jacques Vallée, Ph.D.	Article @ The Debrief	UAP; AI	Opinion: Non-Human Intelligence at the Threshold. The dual emergence of UAP sighting increases and AI development, AI on the cusp of surpassing humans, unexplained UAP sightings, government cover-up, and potential dangers of both powerful AI and unknown alien intelligence.
9 Jan 2024	Stephanie Barna	Article @ Covington IGC	U.S. Policy	Implications of the Unidentified Anomalous Phenomena (UAP) Amendment in the 2024 National Defense Authorization Act (NDAA)
6 Jan 2024	Bernardo Kastrup, Ph.D.	Article @ The Debrief	NHI hypothesis	UAPs and Non-Human Intelligence: What Is the Most Reasonable Scenario? This article was recommended by Tim Gallaudet on May 29, 2024, in his interview with Shawn Ryan.

Project Maven, JWCC, and the Replicator Systems

Project Maven (AI and Image Analysis)

- Aims to develop and integrate artificial intelligence (AI) into systems that analyze imagery and video captured by drones and other aerial platforms.
- Focused on automating tasks like object recognition and target identification to improve battlefield awareness and decision-making.

Joint Warfighting Cloud Capability (JWCC)

- Originally project JEDI (Joint Enterprise Defense Infrastructure), which received quite a bit of negative press and was cancelled. *(details in articles linked below)*
- Contracting mechanism for the DOD to acquire cloud services from various commercial cloud service providers.
- The goal of JWCC is to provide the DOD with secure, reliable, and scalable cloud computing capabilities. This can improve data storage, processing power, and access to applications for various military operations, from headquarters to deployed units.

Replicator Systems (Rapid Fielding of Autonomous Systems)

- Aims to rapidly develop, produce, and deploy large numbers of attritable, autonomous systems, at scale of multiple thousands, in multiple domains, for various military applications.
- Focuses on unmanned aerial vehicles (UAVs), also known as drones, but could potentially encompass other types of autonomous systems in the future.

News Stream *(Project Maven, JWCC, and Replicator Systems)*

Date	Program	Details
23 May 2024	Replicator	First Replicator drones already in Indo-Pacific, DOD says
6 May 2024	Replicator	Pentagon secures $500M for first tranche of Replicator systems *(DOD Press Release)*
21 Apr 2024	*National Security*	[short video]: Senate Armed Services Committee hearing: Joint Chiefs of Staff Chairman General Charles Brown was questioned on “incursions on military installations” by unidentified drones. Senator Mark Kelly: “We see consistent incursions around sensitive government facilities.”
9 Apr 2024	Replicator	Counter-drone systems included in DOD’s initial Replicator selections
14 Mar 2024	*National Security*	NORAD Commander: Incursions by Unmanned Aircraft Systems on Southern Border Likely Exceed 1,000 a Month
12 Mar 2024	Replicator	Congressional Research Report: DOD Replicator Initiative: Background and Issues for Congress
11 Mar 2024	Replicator	DOD plans to invest ~$1B into Replicator initiative in 2024-2025 time frame

16 Nov 2023	Maven	The National Geospatial-Intelligence Agency (the agency from which David Grusch resigned) said that it "has formally designated NGA Maven as a program of record, effective Nov. 7, 2023."
28 Aug 2023	Replicator	Deputy Secretary of Defense Hope Hicks announces the Replicator Project, perhaps coincidentally one month after the UAP congressional hearing. *(DOD Press Release)*
7 Dec 2022	JWCC	Pentagon splits $9 billion [JWCC (previously JEDI)] cloud contract among Google, Amazon, Oracle, and Microsoft *(DOD Press Release)*
15 Oct 2022	Maven	DOD components slated to take over Project Maven
27 Apr 2022	Maven	Pentagon's flagship AI effort, Project Maven, is now being transferred to the National Geospatial-Intelligence Agency (NGA)
6 Jul 2021	JWCC	Pentagon Cancels JEDI Program, Launches New Cloud Computing Effort *(DOD press release) – JEDI was replaced by the Joint Warfighter Cloud Capability (JWCC). Instead of a single-source contract like JEDI, the DOD shifted to a multi-cloud strategy, which means they could procure cloud computing services from multiple vendors.*
30 Jan 2019	Maven	Congressional Research Report: Artificial Intelligence and National Security
1 Jun 2018	Maven	Google Will Not Renew Pentagon Contract That Upset Employees
12 Apr 2018	Maven	Google is Pursuing the Pentagon's Giant Cloud Contract Quietly, Fearing An Employee Revolt (Project Maven was part of Google's push to win the Joint Enterprise Defense Infrastructure (JEDI) contract)
13 Sep 2017	Maven	New Artificial Intelligence technology assists Air Commandos with decision-making. "Data-tagging is looking at individual images and selecting features on those images for identification," said Master Sgt. Daniel Warden, AFSOC Initiatives Group superintendent. "It's training the machine to recognize what a building, car or person looks like. The more instances we have of each object, the 'smarter' the machine becomes. Once enough images (roughly 100,000 per object) are tagged, the machine will be able to make the determinations on its own. Once the machine is trained, it will be able to look for specific things. These things could be a red sedan, black pickup truck, person with a blue hat, person with a weapon, or any other descriptive identifier."
28 Jun 2017	Maven	Project Maven to Deploy Computer Algorithms to War Zone by Year's End *(DOD Press Release)*
26 Apr 2017	Maven	Deputy Secretary of Defense memorandum: Establishment of an Algorithmic Warfare Cross-Functional Team (Project Maven)

3 May 2024: Newsletter from Lue Elizondo

Greetings, folks.

Thank you again for signing up to my mailing list. I value my ability to directly communicate with you through this avenue and I greatly appreciate your time and interest. Whether you are here because of UAP Disclosure or something more, such as Government accountability and transparency, I believe these topics involve every one of us.

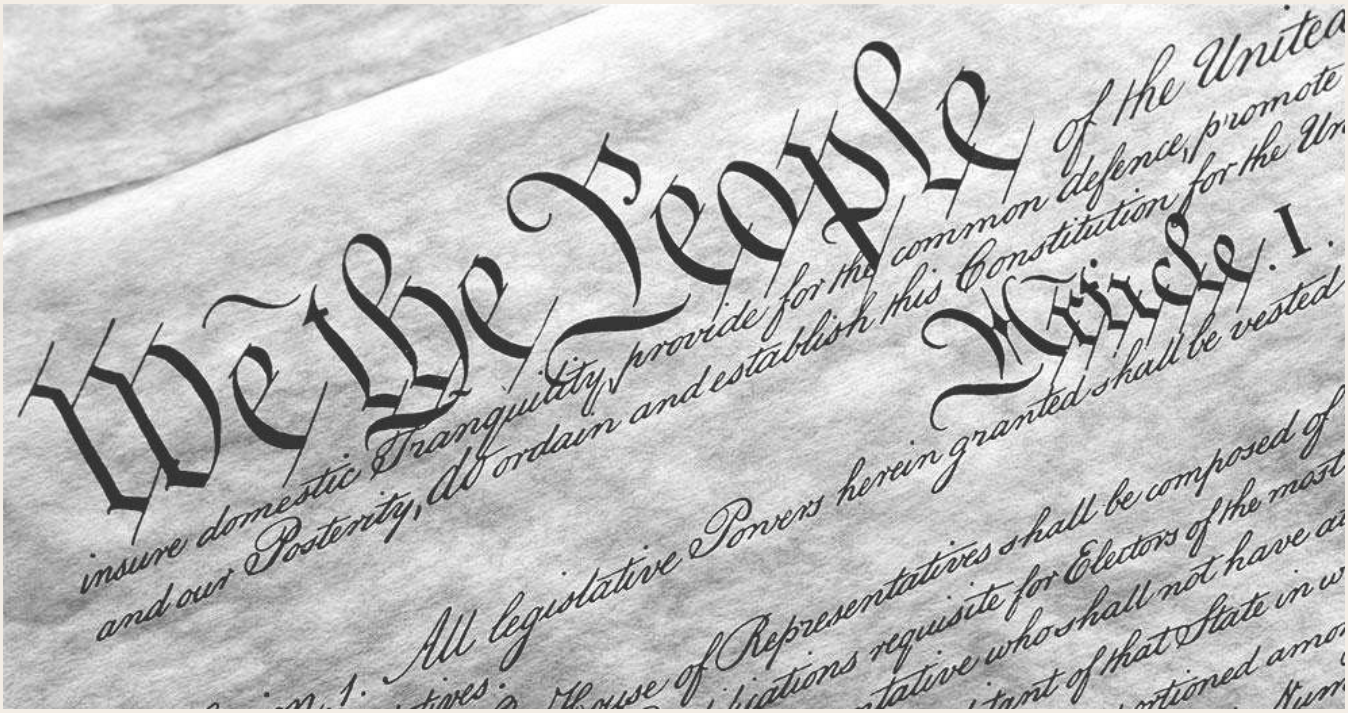
I firmly believe the current lack of UAP Disclosure is indicative of a far more insidious issue involving the rights of our people to hold our government accountable for misdeeds, untruths, and malfeasance. While many world governments, including the United States, provide protections for their people, the areas of transparency and disclosure are lagging.

The United States Constitution Preamble, states:

“We the People of the United States, in Order to form a more perfect Union, establish Justice, insure domestic Tranquility, provide for the common defence, promote the general Welfare, and secure the Blessings of Liberty to ourselves and our Posterity, do ordain and establish this Constitution for the United States of America.”

Furthermore, in the words of Abraham Lincoln during his Gettysburg Address, state:

“...that this nation, under God, shall have a new birth of freedom—and that government of the people, by the people, for the people, shall not perish from the earth”.


We the People
insure domestic Tranquility, provide for the common defence, promote
and our Posterity, do ordain and establish this Constitution for the
All legislative Powers herein granted shall be vested

As a military veteran of our great nation, I am keenly aware that this country was founded on the principle that, “we the people” are the bedrock and foundation of this land. It was created this way to “form a more perfect Union”. The Founders believed in each citizen having a major role to play in this country and that the government answered to the people, because the government is representative OF the people.

I would like to take a moment to ask you the following questions: What happens when a few individuals in our government make decisions on all our behalf about what should or should not be disclosed to us? What we the people, should believe or not believe? What happens when a few individuals take it upon themselves to control social, financial, or religious narratives? What happens when our system of checks and balances is unable to “check” itself because elected officials are afraid of our Intelligence apparatus? What happens when those that speak out, whether it’s against misconduct or apathy, are vilified and attacked for defending democracy and the rights and freedoms that come with it? When did we decide to give up our sovereignty in trade for institutional narratives? When did we decide to waive our rights as citizens and personal choice in favor of a nanny state?

These are questions I wish to pursue to find answers and solutions for the benefit of our society. If humanity is not broken yet, I fear it is on the cusp. We must all explore and delve into the reasons why we have allowed ourselves to be in this situation. The UAP discussion is just one of the many serious and life-altering subjects that must be discussed.

I’m working to do just that. I plan to use this platform to not only promote UAP Disclosure but explore these and many other questions that affect us, together, no matter race, religion, culture, sex, politics, or social status. We are all one world; we are all one people… for the people, by the people.

12 Feb 2024: Remarks from David Grusch

- *Released/published on February 12, 2024 (source video)*

November 18, 2023, Sol Symposium – Closing remarks from David Grusch:

"The release of information on non-human intelligences has the potential to unite humanity in a shared quest for understanding, regardless of the ontological shock.

"No longer bound by the limitations of national borders, we would embark on a collective journey of discovery transcending political differences and fostering a sense of global unity.

"The realization that we are not alone in this vast universe could serve as a powerful catalyst for international cooperation, reminding us of our shared destiny as inhabitants and stewards of the Earth."

[. . .]

"Releasing this information in a controlled, planned manner, such as Colonel Nell has discussed during the conference, as with the Schumer amendment, has profound implications on our philosophical and spiritual perspectives.

"The acknowledgement of otherworldly intelligences challenges our very concept of existence, encouraging us to reconsider our place in the grand tapestry of the universe. It's an important and profound introspection and a catalyst for a new era of spiritual awakening.

"In conclusion, this movement, ignited in December 2017 with Leslie and Ralph's famous article in the New York Times is not merely a matter of government transparency. It's a paradigm shift that holds the power to reshape our world. By embracing the unknown, we open ourselves to a future where truth, unity, technological advancements, and a deeper understanding of our existence converge.

"Let us advocate for transparency not for ourselves but for the generations to come as we embark on a journey toward a more enlightened and interconnected world."

Video Repository

version 1.41 | Jun 21, 2024

Verified UAP Videos

*Note: Jeremy Corbell and George Knapp helped David Grusch fight for the congressional UAP hearing which occurred on July 26, 2023. The two sat with Charles McCullough III (Grusch's attorney) in the counsel & witnesses' section during the hearing. [Proof: **1** | **2**] [hearing timestamp]*

Videos from sources of prior [and now verified] UAP videos are included in this table, even if the video has not yet been verified.

Video	Leaked by	in	Verified by	in	Description
Jellyfish UAP	Jeremy Corbell	Jan 2024	*Officially, unverified*	-	"Jellyfish" shaped UAP flying over a U.S. operations base near the Persian Gulf in Iraq in 2017 or 2018 by an aerostat, a big balloon that looks like a blimp and was over the base. The UAP displayed transmedium capabilities and is classified as a UAP by the Pentagon. Michael Cincoski, an intelligence surveillance recognizance tactical controller at the base in Iraq in 2018, said that the jellyfish UAP was the "ghost story of the base" and was dubbed the "spaghetti monster", but he added that the UAP "didn't seem to be posturing to threaten us." -- First shown in Jeremy Corbell's 2024 documentary "UFO Revolution" with Ryan Graves, Garry Nolan, Richard Dolan, et al.
Chandelier UAP [photo only]	Jeremy Corbell	Jan 2024	*Officially, unverified*	-	UAP that was filmed by the U.S. military over the Persian Gulf (29°09'41.4"N, 49°26'56.7"E) using an MX-20 / Thermographic / Forward Looking Infrared (FLIR); date/time undisclosed. This vehicle of unknown origin had no conventional flight control surfaces - and has been officially designated by the United States as a UAP. First shown in Jeremy Corbell's 2024 documentary "UFO Revolution" with Ryan Graves, Garry Nolan, Richard Dolan, et al.
Mosul Orb #2	N/A	N/A	AARO	Apr 2023	[Subcommittee video link] A video of an orb in Iraq, taken by a U.S. military MQ-9 Reaper drone in 2022, was shown to a subcommittee of the Senate Armed Services Committee: "Silver. Translucent. Metallic. 10,000 to 30,000

					feet [in the air] with apparent velocities from the stationary to mach 2; no thermal exhausts usually detected."
Mosul Orb #1 [photo only]	Jeremy Corbell and George Knapp	Jan 2023	AARO	Apr 2023	Still image from a 4-second video taken by an MC-12 (a medium to low altitude, twin-engine turboprop intelligence-reconnaissance plane) that was following alongside the plane in an active conflict zone in Mosul, Iraq on April 16, 2016.
Pyramid UAP	Jeremy Corbell and George Knapp	May 2020	Pentagon	Apr 2021	Video was taken by a U.S. Navy pilot using night vision in 2019; no additional data is available.
GOFAST	To The Stars (Tom DeLonge, Hal Puthoff, Jim Semivan, et al)	Mar 2018	U.S. Navy	Apr 2020	Video taken by a U.S. Navy F/A-18 Super Hornet using the Raytheon ATFLIR Pod, in or around 2011-2012. This was confirmed real by the U.S. Navy on April 27, 2020. GOFAST @ Navy
FLIR and GIMBAL	*Undisclosed*	Dec 2017	U.S. Navy	Apr 2020	Videos taken by fighter jets based aboard aircraft carriers USS Nimitz and USS Theodore Roosevelt during the 2004 "Tic Tac" UFO encounter. These were confirmed real by the U.S. Navy on April 27, 2020. FLIR @ Navy, GIMBAL @ Navy

Interviews & Presentations

Listed below are some select interviews and presentations from individuals featured on the Patriots page. These selections are part of the wider, [unofficial] disclosure initiatives by people such as David Grusch and Lue Elizondo, aiming to catalyze a shift towards a more hopeful and enlightened tomorrow.

This compilation, while fairly large, still isn't comprehensive. If you see an interviewee who strikes a particular interest, you can probably find more interviews with them if you search (e.g. on YouTube or Spotify).

If you're brand new, I recommend starting with David Grusch, Lue Elizondo, Jim Semivan, Christopher Mellon, and Tom DeLonge interviews, as well as any in **bold**.

- *If you're looking for UAP disclosure news, check the Disclosure Newswire.*

Interviewee	Interviewer	Released	Length	Description
Professor Michael Masters	**James Iandoli**	**20 Jun 2024**	**1:05:15**	Michael discusses his recent co-authored paper with Tim Lomas, The Cryptoterrestrial Hypothesis: A case for scientific openness to a concealed earthly explanation for Unidentified Anomalous Phenomena (June 3, 2024).
Veda Austin	**Jim Garrison**	**30 May 2024**	**1:13:33**	Water is conscious. This video provides enough information for folks to prove this for themselves at home. Even though water's

				secrets have become the focus of dozens of researchers worldwide in recent decades, it still remains an enigma. In 1999, Japanese researcher, Dr. Masaru Emoto, released his first book on the subject and started an avalanche of discovery into the idea that water has memory and can be programmed into spectacular geometries simply through **thought**, among other things. In the last 10 years, Veda Austin has moved the needle forward by conducting her own experiments using the in-between state of just-frozen water to observe remarkable imprints of what was on her mind or in her hand immediately before freezing. *Humanity Rising is part of Daniel Sheehan's Ubiquity University.*
U.S. Navy Rear Admiral Hon. Tim Gallaudet, Ph.D. (retired)	**Shawn Ryan**	**28 May 2024**	**2:31:04**	Ocean NHI, Michael Herrera, Project Beta, AARO's disinformation is based on presidential policy, Galileo Project, oceanography career, The Submariner, discoveries, the Wilson memo, Diana Pasulka, UAP (nut and bolts or consciousness?), evolution of technology and human thought and consciousness, the Vatican archives, China, DoD Program Replicator, Earthquake Precursor INSPIRE (web), crash retrievals as "donations", undersea anomalies disappearing from Google Earth, disinformation and secrecy, NHI encounters, Tim's upcoming book on leadership, and the Miranda Cosgrove story.
Professor Garry Nolan	**Dan Zetterström**	**25 May 2024**	**57:20**	Sol Foundation, AARO, AI, SALT Conference, bridging the gap between modern academia and the fringe, uNHIdden, the shadow biome, whistleblower threats, meta materials.
Karl Nell	**Alex Klokus**	**21 May 2024**	**21:35**	2024 SALT iConnections Conference, NYC - Retired Army Colonel Karl Nell tells Wall Street the truth about aliens at the 2024 SALT conference in New York City. The CIA and The Pentagon have not been truthful with Congress, The White House, or the American people. These claims have already been corroborated by U.S. Navy Rear Admiral Tim Gallaudet (retired).
Ross Coulthart	**Avi Loeb**	**15 May 2024**	**48:31**	The search for UAP, NHI using radio waves, objects found outside the solar system, Oumuamua, Professor Loeb shows fragments found from UFO, Professor Loeb on his interview with David Grusch, alien civilizations, Haim Eshed's claims, Michael Herrera's claims. Jason Sands' claims, why doesn't the U.S. call out the names of the gatekeepers as traitors to the country and the constitution?
Ross Coulthart	**Matt Ford**	**15 May 2024**	**1:30:53**	The UAP cover-up, a summary of the situation, a call to Congress, and a statement from Lue Elizondo (confirmed authentic by Lue). The statements themselves are posted here.

Sean Webb	Randall Carlson	4 May 2024	1:15:01	Pre-cognition proof, non-local consciousness, telekinesis, random number generators globally reacting to major events (e.g. Princess Diana, 9/11), Sean's 'Human Mind Owner's Manual', consciousness collapsing wave functions (local reality isn't real – ref. Nobel Prize 2022, Foundations item #2), upcoming interview with Ben Johnson, Native American spirituality, the notion of plasma UAPs coming from solar events, zero point (free, clean) energy, consciousness connections to higher realms, changing the minds of the gatekeepers, nefarious people's mindsets, future possibilities, energy based economy, disclosure as a catalyst for human evolution, psychedelics, getting involved in disclosure efforts, the paradigm of human history that upsets the apple cart (ancient civilizations as advanced as or more advanced than our own).
Professor Michael Masters	**Kelly Chase**	**27 Apr 2024**	**1:06:32**	Dreamland (a.k.a. Area 51), consciousness, NHI downloads, photons & time travel, reality frameworks, the 'trauma and disassociation' aspect of unlocking psi abilities [shadow work], 'the flip' (after you awaken, the whole world seems weird and you see it as the control mechanism it is), [briefly] the soul and source vs. sovereignty and free will, "NPCs", and more about downloads.
Frederick H. "Skip" Atwater	Jeffrey Mishlove, Ph.D.	11 Apr 2024	1:12:49	Skip Atwater is a retired U.S. Army Lieutenant who took the initiated the Star Gate Legacy Program (remote viewing) and was the president of the Monroe Institute for 25 years. Topics: Childhood spiritual influences, military interest in remote viewing, synchronicities, the Fort Meade program, remote viewing training, Inigo Swann, The Monroe Institute, postmortem assistance.
Richard Dolan	**Curt Jaimungal**	**2 Apr 2024**	**2:53:00**	Updates on disclosure / transparency efforts; factions in government, God, alien encounters, totalitarianism, faith, love, consciousness, One. They cover several of the same concepts I wrote about in Forty-two, so if that resonated, Richard and Curt start having that conversation at around 2:09:00, and it largely continues through the remainder of the interview.
Tom DeLonge	**Jim Semivan**	**27 Mar 2024**	**Part 2: 1:06:27** (spotify)	Observations on the appearance of the phenomenon, Chris Bledsoe, the body/brain as a transducer, the "trickster" element of NHI, UAP and human history, UAP as AI 'replicators', consensus reality and ultimate reality, dreams as soul treks, the double slit experiment, who created the moon?, the time before the moon, NHI as indicators of a good vs. evil, who created "good" NHI?, society moving to technology while sacrificing spirituality,

				existential questions and the religious aspects of the phenomenon, experiences and feeling either fear or love, free will matters in a very physical way, free will vs. the phenomenon (giving it your consciousness/soul?), something is wrong with human society and the constant is war (fear, pain, death), why do they want chaos, the idea that something sees the Earth as its property (usurped), our infinite potential when we strengthen our individual connection to Source, people in passive or manic states who are 'disinterested in' or 'terrified of' the phenomenon (the story of the millenium), Professor Jeff Kripal and Whitley Strieber, "there is no such thing as the material", building a better & more compassionate education system, UAP as manifestations by some entity but created by our own consciousness within the confines of our individual and collective free will, psilocybin as a spiritual tool, NHI goals potentially including ultimate ownership of humanity.
Professor Kevin Knuth	Tim Ventura	25 Mar 2024	**42:17**	UAP Science vs. Stigma; the new 'AARO Historical Report', the role of scientific skepticism and impact of stigma, UAP flight performance characteristics, warp-drives, interstellar travel, and ultraterrestrials.
Professor Jeff Kripal	Danny Jones	4 Mar 2024	2:16:03	Remote viewing, UFOs, DMT, consciousness, spirituality of UFOs, NDEs, demons, and AI. Jeff Kripal is a professor of Philosophy and Religious Thought at Rice University, and was a speaker at the Sol Symposium in November 2023.
Tom DeLonge	**Jim Semivan**	**20 Feb 2024**	**Part 1: 1:07:14** (spotify)	Consciousness, similarities in messages across religions, the intersection with science, free will's relation to the phenomenon, disclosure efforts, early days of TTSA, AI, human evolution, meditation.
Daniel Sheehan	Danny Jones	19 Feb 2024	3:29:15	The Vatican, aliens, case files, disinformation, Watergate, assassinations, who killed JFK, government corruption, & the secret government activities
David Grusch	***Sol Symposium***	**12 Feb 2024**	**20:20**	Grusch's closing remarks at the Sol Symposium in November 2023, released February 12, 2024.
Professor Avi Loeb	*Sol Symposium*	12 Feb 2024	44:30	The New Frontier of Interstellar Objects - asteroids, observations and tracking, collecting & analyzing meteoric spherules of non-Earth origin. Outstanding science.
Professor Kevin Knuth	*Sol Symposium*	12 Feb 2024	32:13	More outstanding science. UAP shapes, speeds, maneuvering, power, electric & magnetic fields, light, transmedium travel (especially water), Faraday Rings; evidence of plasma UAP (volcanic egg) [Published February 12, 2024 - Nov. 2023 Sol Symposium] -

				& Knuth recommends using a polarizing filter for taking UAP photos.
Christopher Mellon	*Sol Symposium*	12 Feb 2024	26:09	The Potential Consequences of Disclosure - This is highly informative beyond the title.
Karl Nell	*Sol Symposium*	12 Feb 2024	31:53	The Schumer Amendment & Controlled Disclosure
Dr. John B. Alexander	Shawn Ryan	12 Feb 2024	5:51:36	U.S. Army Colonel (retired). Complexity of the phenomenon and Skinwalker Ranch, cattle mutilations, Vietnam, telekinesis, programming for human response, out of body studies, LabCom, UFO debrief and NORAD, shamanism, What happens when you die?
Professor Diana Pasulka	Joe Rogan	24 Jan 2024	15:00	Excerpt only. Crash retrievals, the Vatican, religious and spiritual component, awakening.
Richard Dolan	Jeffrey Mishlove, Ph.D.	21 Jan 2024	1:24:51	Early years of UFO secrecy, secret space programs & crash retrievals, metaphysics and telepathy, Bob Lazar and Philip Corso, aliens among us, government cooperation with aliens, and religious dimensions of the phenomenon.
Jim Semivan	**Whitley Strieber**	**12 Jan 2024**	**49:47**	NHI of various kinds have been interacting with humans for various reasons for a long time. This interview highlights the absurdity of some of the [true] stories, touches on the disposition of NHI toward humans (indifferent), the nature of humans and the soul. Chris Bledsoe comes up a couple of times as well.
Daniel Sheehan	Clint Weldon	~1 Jan 2024	1:50:54	Historical perspective, issues between spiritual evolution and 'unlimited energy' vs. current standards of power and control, the unitive phenomenon, political and power questions, and the current spiritual shift.
Professor Garry Nolan	Ross Coulthart	12 Dec 2023	1:09:27	Science work, the phenomenon, orbs
Chris Bledsoe	**Danny Jones**	**4 Dec 2023**	**3:15:09**	16 years ago, Chris Bledsoe had an Alien abduction experience and the government was the only one that listened. Chris continues to experience the UFO Phenomenon on a daily basis. Chris discusses his experiences at in detail in this interview.
David Grusch	**Joe Rogan**	**Nov 2023**	**2:41:00**	Congressional hearing follow-up interview (all manner of topics covered)
Dr. Robert Jacobs	Matt Ford	Late 2023	00:16	Dr. Jacobs leaves a message for Dr. Kirkpatrick, c/o David Grusch.
Sean Webb	Shawn Ryan	18 Oct 2023	Part 2: 40:07	Psi, "time travel" with remote viewing, psychedelics
Sean Webb	Shawn Ryan	18 Oct 2023	Part 1: 1:06:11	Joe McMoneagle, reality of psychics, and its usage in US intelligence operations
David Grusch	**Jesse Michels**	**23 Sep 2023**	**1:52:24**	Congressional hearing follow-up interview (all manner of topics covered)
David Grusch	U.S. House of Representatives	26 Jul 2023	2:19:05	**The Congressional Hearing.** David Grusch claims that conversations with unnamed officials led him to believe that the U.S. federal government maintains a secretive UFO (or

				UAP) recovery program and is in possession of non-human spacecraft along with non-human biologics.
Sean Webb	**Shawn Ryan**	**19 Jul 2023**	**2:27:54**	#62: AI & AGI, consciousness, Monroe Institute, NHI downloads, remote viewing, The Red October.
Sean Cahill	**Vinnie Adams and Katie Howland**	**1 Mar 2023**	**1:08:59**	Spirituality, Sean's out of body experience, lucid dreaming, soothing tinnitus with binaural beats / hemi-sync (Sean used pink noise with gamma waves, such as this), consciousness, shadow work, anxiety, meditation, material and spiritual realms, spoon bending, Monroe Institute, UAP, existential questions and materialism, 'broken' society.
Professor Garry Nolan	Ryan Graves	17 Jan 2023	1:53:51	Garry Nolan discusses the path forward for studying and legitimizing UAP research, and why he sees this as a possible "commercial gold mine". He shares his perception of the impact this will have on society and the danger of continuing to keep this information secret from the public. Topic list with timestamp links can be found in the video description.
Jim Semivan [John Ramirez also present]	D.J., Nathan, Deb, & Steph	25 Aug 2022	1:44:46	Wide-ranging chat about the phenomenon. The great chain of being, Chris Bledsoe, Fatima, general phenomenon discussions, the Thread 3 Program, radical empiricism, interference syndrome, Havana syndrome, and John Ramirez on project "Radio Contact."
Jim Semivan	James Iandoli	21 Jul 2022	2:00:14	Psi, the Legacy Program, and NHI Experiences
Professor Garry Nolan	D.J., Nathan, Steph, Kevin, & Deb	21 Jul 2022	1:37:34	A personal conversation with Garry. Skeptics becoming irrelevant, crowdsourcing phenomenon data, experiencers, double blind standards needed for UAP experiencer data collection, John Mack, Lue's operational definition of data collection (the five observables), the caudate putamen (round structure located at the base of the forebrain) and Garry's studies (Standford & Harvard), the caudate is involved in intelligence and intuition, extraordinary evidence that remote viewing and this intuition are related, genetically-inherited psi ("better antenna"), brain maps, experiencer Steph's MRIs, implants (e.g. as some experiencers have), Tim Taylor, the first idea for a warp drive, NHI living among us, Garry Nolan's phenomenon experiences, Garry confirms remote viewing as an anomalous signal that came from somewhere, what divides us is people thinking they're better than someone else, Jungian archetypes, changing quantum reality with intention, synchronicities as potential intelligence tests and being shown the way

				(did you catch the proof of the synchronicity for what it was, or did you miss it/dismiss it?).
Tom DeLonge	**Steve-O**	**20 Jun 2022**	**1:16:49**	Sekret Machines books, significance of UFOs, time, meditation, dimensional impacts, religious and historical implications. Fast-forwarded past [non-UAP] intro.
Lue Elizondo	D.J., Kevin, Deb, Nathan, & Steph	18 May 2022	1:12:35	Lue's last podcast for a while, per Lue. A different kind of interview with some silliness. Lue's past, looking within, martial arts, Cuban sandwiches, cigars, Blue Book & AATIP, bureaucracy & lack of transparency, black programs, UAP spotting (cameras), the Galileo Project, the DoD, The Wilson-Davis memo, amnesty, the public's testimony is used to help solve crimes but not find UFOs, deciphering deepfakes, hypothetical AI tech that could autodetect fake vs. real UAP YouTube videos, non-verbal communication [e.g., of intent], disclosure is pushing into the mainstream, ufology changing from "conspiracy theory" studies to legitimate science, the UAP topic is a dead serious topic, advice for voices in the UAP field, the ancient philosopher's secret, staying true to yourself, staying humble, guidance, trials and tribulation, UAP *reinforces* the notion of God (Source), religious leaders should be part of this UAP conversation, and finding out that Lue is a car guy.
Lue Elizondo and Sean Cahill	**Generation Zed**	**21 May 2022**	**Part 2: 39:45**	Part 2: Entropy as "random order", fractals and consciousness, fundamental blueprints of reality, 'zooming out' to see [blueprint] patterns, vibration and waveform compression, time dilation (experiencing time faster or slower), thoughts as light and energy, spooky action in motion, the intel community, UAP, self-awareness, telling the truth, and psychological archetypes.
Lue Elizondo and Sean Cahill	**Generation Zed**	**8 May 2022**	**Part 1: 1:01:08**	Part 1: UAP, subjectivity of fear and desire, consciousness, emotional manipulation, time, the concept of an electron 'cloud', Lue's hyper-awareness experience during a car crash, psi and academia, comparative scaling, and vibration & movement.
Dr. Salvatore Pais	Curt Jaimungal	30 Mar 2022	2:08:42	UFO patents, physics, quantum gravity, the vacuum, electromagnetics, spacetime
Lue Elizondo and Sean Cahill	**Curt Jaimungal**	**14 Mar 2022**	**2:57:10**	**The Beer Interview.** Don't skip this one. Topics covered can be found in the YouTube video's Description.
Professor Garry Nolan	Tucker Carlson	8 Mar 2022	56:04	The Rendlesham Forest UFO incident, the day the CIA approached Dr. Nolan for his assistance (circa 2011), UFOs, humanoid aliens as avatars, philosophical considerations and informed conjecture regarding NHI, Reagan and Gorbachev, the potentialities of unification and destabilization re: the UAP topic.

Lue Elizondo	Curt Jaimungal	compilation ~2022-2023	1:44:52	Many questions and topics covered.
Sean Webb	*audience*	~16 Dec 2021	*[multiple shorts]*	Sean Webb endorses John Ramirez
John Ramirez	*audience*	~1 Nov 2021	2:30:51	Fast-forwarded to the 'infamous Reptilians slide' (#54) at 1:57:25
Dr. Robert Jacobs	***live stream***	**18 Oct 2021**	**00:59**	Aliens are the 'gods' and 'spirits' our ancestors wrote about. *(video is a screen recording of a live stream - very low volume and poor sound quality.)*
Lue Elizondo	Vinnie Adams	21 Jun 2021	1:14:21	Who is the IG, missing emails, intelligence briefing, biology, from the cliffside, reporting, sky fort, Adam Project, Eric Davis.

Documentaries

Title	Year	Who's In It	Direct Link	Length	Description
The Program	Late 2024	James Fox, Jason Sands, et al	*Not yet released*		First UAP documentary that will reveal an alleged firsthand whistleblower, whose testimony was already provided to Congress.
The Global Threat	Feb 2024	Leslie Kean, John Podesta, et al	watch now	1 ep, 42:14	Stories of near misses with UAPs in flight ignite a conversation about a serious threat in our skies not just in America, but around the world.
UFO Revolution	Jan 2024	Jeremy Corbell, Ryan Graves, Richard Dolan, Dr. Garry Nolan, et al	watch now	3 eps, ~60:00 each	An in-depth look at the whistleblowers who sparked a UFO revolution, revealing evidence that the government knows much more than they're letting on. Exposes a few detractors and calls out psyops. *[Trailer]*
Accidental Truth: UFO Revelations	Apr 2023	Dr. John B. Alexander, Lue Elizondo, Richard Dolan, et al	watch now	1:29:00	Officials who interact with the public regarding the UFO question openly acknowledge that they know things that they can't reveal. *[Trailer]*
UFO's: Investigating the Unknown	Feb 2023	Leslie Kean, Lue Elizondo, Christopher Mellon, David Fravor, Alex Dietrich, Garry Nolan, Jacques Vallée, et al	watch now	3 eps, ~42:00 each	The Truth Behind the US Pentagon Program - Unspools the history leading up to disclosure and reports on some of the more recent developments. *[Trailer]*
Moment of Contact	Oct 2022	James Fox, et al	watch now	1:48:00	This documentary focuses its efforts on the infamous Varginha, Brazil UFO & NHI case, which was a real case. *[Trailer]*
The UFO Phenomenon	Sep 2021	Ross Coulthart, Christopher Mellon, Lue Elizondo, Leslie Kean, et al	watch now	1:18:17	Featuring interviews with the highest echelons of military defense and intelligence officials, leading researchers, scientists and witnesses in America and Australia; and more on the tic tacs.
The Phenomenon	Oct 2020	Christopher Mellon, Jacques Vallée, John Podesta, et al	watch now	1:40:00	Examines unidentified aerial phenomenon. With testimony from high-ranking government officials, and NASA Astronauts, Senator Harry Reid says it "makes the incredible credible." *[Trailer]*
Unidentified: Inside America's UFO Investigation	May 2019	Lue Elizondo, Tom DeLonge, David Fravor, et al	watch now	14 eps, ~42:00 each	In December of 2017, The New York Times published a stunning front-page exposé about the Pentagon's mysterious UFO program, the Advanced Aerospace Threat Identification Program (AATIP).

					Featuring an interview with a former military intelligence official and Special Agent In-Charge, Lue Elizondo, who confirmed the existence of the hidden government program, the controversial story was the focus of worldwide attention. *[Trailer]*

YouTube Channels & Podcasts

There's an overabundance of misinformation on YouTube. The channels listed below, however, have repeatedly shown that they are honest / as honest as they can safely pull off. Many of them have conducted interviews with several Patriots involved in the disclosure effort, and/or are followed [on social media] by the same folks.

- **Sol Foundation**, with David Grusch, Professor Garry Nolan, Hal Puthoff, Dr. Jacques Vallée, Professor Kevin Knuth, Professor Avi Loeb, et al
- **TTS Talks Podcast**, with Tom DeLonge, Jim Semivan, Chris Mellon, et al
- **Mind Hacking Happiness**, hosted by Sean Webb
- Bitesized UFOs, hosted by Graeme Rendall
- Danny Jones Podcast, hosted by Danny Jones
- Disclosure Team, hosted by Vinnie Adams
- Dreamland, hosted by Whitley Strieber
- Engaging The Phenomenon, hosted by James Iandoli
- Good Trouble Show, hosted by Matt Ford
- Intelligent Disclosure, hosted by Richard Dolan
- Merged Podcast, hosted by Ryan Graves
- Need to Know Podcast, hosted by Bryce Zabel and Ross Coulthart
- New Thinking Allowed, hosted by Jeffrey Mishlove, Ph.D.
- Night Shift, hosted by Clint Weldon
- Observer of Anomalous Objects, hosted by Sky Robinson
- Patterns Tell Stories, hosted by Klaus and Garrett
- Point of Convergence Podcast, hosted by Darren King (ExoAcademian)
- Post Disclosure World, hosted by Ryan Robbins
- Shawn Ryan Show, hosted by retired Navy SEAL Shawn Ryan
- Theories of Everything, hosted by Curt Jaimungal
- That UFO Podcast, hosted by Dan Zetterström
- The UFO Rabbit Hole Podcast, hosted by Kelly Chase
- Weaponized, hosted by Jeremy Corbell
- Yes Theory, hosted by Thomas Brag, Ammar Kandil, and Matt Daje

Resources

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Phenomenon Reporting

Report Unidentified Phenomena:

- Phenom | Twitter | **Phone App** – UAP Reporting app with camera and gallery integration. Lue Elizondo was involved in Phenom's creation.
- **The National UFO Reporting Center** – File a UAP report at NUFORC's website.
- *The Five Observables - Lue's operational definition for UAP data collection.*

  Note: *Kevin Knuth, at the Sol Symposium in November 2023, recommended using a polarizing filter when attempting to film UAP.*

View UAP Reporting Data:

- UAP Origin Classification System @ UAP Caucus
- UAP Report Map @ Phenom
- Read UAP Reports @ The National UFO Reporting Center Online Database

View Historical Publications:

- Read Historical Printed Materials @ MUFON's Project Aquarius
- Read Archived Publications filed by country @ Archives of the Unexplained

Disclosure Related Initiatives

Initiative	Socials	Involvement	Description
UAP Disclosure Fund	Twitter	Lue Elizondo, Garry Nolan, Christopher Mellon, Karl Nell, Matt Ford, Kirk McConnell, et al	Launched June 1, 2024: A nonpartisan political nonprofit 501(c)(4) that advocates for greater government transparency regarding unidentified anomalous phenomena (UAP). We work to support new UAP legislation, provide legal representation for whistleblowers, promote scientific research and raise public awareness in an effort to better address the UAP issue.
The Sol Foundation	YouTube; Twitter	David Grusch, Garry Nolan, Peter Skafish, et al	Phenomenon Academia: A think tank established to advance wider understanding of UAP and serve as the leading source of research on the issue.
UAP Expeditions	Media; Blog	Kevin Knuth, Kevin Day, Gary Voorhis Jr.	From their About page: UAPx Inc. comprises a cross-functional team of interdisciplinary experts, including respected and tenured scientists, engineers, attorneys, and military veterans with current individual affiliations with the Department of Energy, Defense Contracting, and industry leaders in the Scientific Community. Our primary mission is to obtain information regarding UAPs through ELINT, SIGINT, and MASINT combined with field research. We provide scientific and academic insight to governments, agencies, and individuals on data representing potential breakaway technologies and identifying issues relating to airspace safety and security.
To The Stars	Twitter; TTS Talks (Podcast); Link Tree	Tom DeLonge, Jim Semivan, Hal Puthoff, Lue Elizondo, Christopher Mellon, Steve Justice, et al	Media arm that produces merchandise, documentaries, books, movies, etc., supporting the larger disclosure effort.
New Paradigm Institute	YouTube; Twitter	Founder: Daniel Sheehan	**Citizens for Disclosure** – Preparing humanity for the implications of extra-terrestrial consciousness.
Ubiquity University	YouTube; Twitter; Link Tree	Founder: Daniel Sheehan	Phenomenon Classes: A Global University for inner and outer regeneration.
Humanity Rising *[part of Ubiquity U]*	YouTube @ Ubiquity; Twitter; Community	Founder: Jim Garrison	Powered by Ubiquity University, Humanity Rising represents a movement of people and organizations coming together to take counsel on how to leverage the crisis of the coronavirus pandemic into an opportunity for human renewal and increased resilience to future challenges. The goal of the Summit is to create an international coalition strong enough to transform conversations that matter into actions that make a difference. Please join us as we come together to chart our course to new specifications, navigate with sustainable

			coordinates, and embrace new models that take the wellbeing of our planetary ecology and all communities into account.
uNHIdden	YouTube; Twitter	Ambassadors: Alex Dietrich, Sean Cahill, Beatriz Villarroel, Tim Gallaudet	An organization, being set up as a charity, to promote mental health and well-being support among those affected by exceptional experiences and disclosure.
The Experiencer Group	YouTube; Twitter; Link Tree	Jay Christopher King	A private members site dedicated to support, curiosity & community for people who've had anomalous events of all kinds.
r/Experiencers	Subreddit	Volunteer moderators	A public space for experiencer related supportive discussion that, per the subreddit description, will not be suppressed by cynicism or aggressive skepticism.
UAP Medical Coalition	YouTube; Twitter	*Community*	UAPMed provides resources and guidance for medical professionals to address the variety of health effects associated with UAP exposures, and advocates for a reduction in stigma and removal of barriers to patient care and support.
Scientific Coalition of UAP Studies	YouTube; Twitter	Sarah A. Little, Ph.D., Jennifer Roche, Kevin Wright, et al	A coalition of scientists, researchers, and professionals from organizations, governments, and industries, working to conduct, promote, and encourage rigorous scientific examination of Unidentified Aerospace Phenomena (UAP), commonly known as Unidentified Flying Objects (UFOs).
Solve Advocacy	Twitter	Founder: Kevin Wright	Advocacy and communication of edge sciences. Edge sciences are emerging fields not easily categorized into conventional areas of study. Among the edge sciences, Unidentified Anomalous Phenomena (UAP) are the most recognizable, but others, including parapsychology and consciousness studies, are all worthy of exploration. These underserved areas of thoughtful and consequential research deserve professional advocacy and communications capabilities combined with consultants knowledgeable about these unconventional topics.
Nolan Lab	*N/A*	Founder: Garry Nolan	Working to enable a deeper understanding not only of normal immune function, but also detailed substructures of leukemias and solid cancers as well as autoimmunity and pathogen effects upon the immune system.
The Galileo Project	YouTube; Twitter	Founder: Avi Loeb; w/ Garry Nolan, Jacques Vallée, et al	A project dedicated to the systematic scientific search for evidence of extraterrestrial technological artifacts.
The Bigelow Institute (BICS)	Twitter	Robert Bigelow, et al	Supports research into human consciousness, including the survival of human consciousness after death and the nature of the 'afterlife'. Afterlife Essay Winner – Acceptance Speech
Americans for Safe Aerospace	Twitter	Founder: Ryan Graves; w/ Alex Dietrich, David Fravor	A military pilot-led nonprofit organization focused on UAP and flight safety.

National Archives UAP section	Twitter *(not UAP centric)*	The U.S. National Archives and Records Administration	Went live March 7, 2024. In accordance with the National Defense Authorization Act FY24, all US government agencies have been mandated to submit their UFO/UAP materials to the National Archives no later than October 15, 2024. Some agencies, such as the Goddard Space Flight Center, have already submitted some very interesting photos.
UAP Caucus OSC	Twitter	Congressional Involvement	Went live March 25, 2024. Elevating UAP awareness and action among congressional members.
Archives of the Impossible	YouTube; Twitter; News & Media	Rice University School of Humanities, Jacques Vallée, Jeffrey Kripal, Whitley Strieber, Ed May, Leslie Kean, John Mack, et al	Collections from more than a dozen UAP researchers, e.g. photos, data, and correspondence. Rice's connection to space exploration, notably its historical ties to NASA, made its digital archive an apt home for Vallée's archives, fitting within the university's legacy of scientific inquiry and discovery.
Project Nanu	YouTube; Twitter	Advisor: Sean Cahill	Building a world first social science platform.
5 For Humankind	Twitter; Mastadon; Tiktok	*Community*	Each month, humanity takes 5 minutes to meditate together.
I Declare World Peace	Twitter; Facebook	*Community*	A power-of-intention art project to raise global peace consciousness

Twitter Accounts: Disclosure Folks

Each of the below also has an entry on the Patriots page.

Lue Elizondo	Former Director of AATIP
Sean Webb	Created the algorithms of human emotion. Expert on AI and non-local consciousness.
Tom DeLonge	TTS Founder, Rocker, Humanitarian
Professor Garry Nolan	Ph.D., Department of Genetics, Stanford University Cancer biologist, immunologist, biological computationist
Daniel Sheehan	Constitutional & Public Interest Lawyer
Christopher Mellon	Former Deputy Assistant Secretary of Defense for Intelligence
Professor Diana Pasulka	Ph.D., University of North Carolina Professor of Religious Studies
Richard Dolan	Historian, Researcher, Ufologist, Cold War expert
Sean Cahill	Master-at-Arms, U.S. Navy (retired)
The Honorable Tim Gallaudet, Ph.D.	Rear Admiral, U.S. Navy (retired)

Twitter Accounts: Voices & Journalists

Marik von Rennenkampff	Former analyst at the Department of State's Bureau of International Security and non-proliferation
Michael Shellenberger	Environmental Policy Expert
Matt Laslo	Journalist, AskAPol & AskAPol_UAPs, Adjunct Political Communications Professor
Leslie Kean	Investigative Journalist
Ross Coulthart	Investigative Journalist
George Knapp	Chief Investigative Reporter, KLAS; Coast to Coast AM on weekends
Jeremy Corbell	Investigative Journalist, Film Director
Brandi Vincent	Journalist
Tim McMillan	Co-founder of The Debrief
James Fox	Director/Producer: The Phenomenon, Moment of Contact, The Program
Dr. Michio Kaku	Theoretical Physicist

Earth & Solar System Trackers

- Airline Flight tracker
- Worldwide Telescope | Windows App *(interactively explore global astronomical data)*
- Satellite tracker
- Voyager 1 & 2 tracker | Mission Status *(interstellar space)*
- International Space Station tracker
- Rocket Launch tracker
- James Webb Space Telescope (JWST) tracker
- Sunspot tracker
- Moon Trek
- NOAA Live Radar
- NASA / JPL Eyes:
    - Interactive Solar System *(orrery)*
    - Earth tracker
    - Mars Relay tracker
    - Exoplanet tracker *(K2-18-b – most likely to harbor life)*
    - Asteroid tracker
    - Deep Space Network Now *(see which missions are communicating with Earth right now)*

The Library

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Amazon links are marked with (A).

Searchable Online Libraries

Scientific papers, academic articles, books, references, etc.

- Sacred Texts | Search Page: Ancient, occult, and religious texts; traditions, mysteries.
- Forgotten Books | Search Page: A London-based book publisher specializing in the restoration of old books, both fiction and non-fiction.
- arXiv: A free distribution service and an open-access archive from Cornell University – it contains nearly 2.4 million scholarly articles in the fields of physics (including quantum physics and astrophysics), mathematics, computer science, quantitative biology, statistics, electrical engineering and systems science, etc.
- The Internet Archive: Non-profit digital library with the stated mission of providing "Universal access to all knowledge."
- Libre3: Library on the Ethereum Name Service (ENS) - decentralized, with the goal of resisting censorship.
- Anna's Archive: Search engine and database.

UAP Disclosure

This list is not exhaustive – any books written by patriots are worth a read.

Note: This subsection contains only Amazon links.

- *(Next Section: Declassified Docs): FOIA'd and/or scheduled declassifications.*
- *(Next-Next Section: Science & Phenomenon Studies): Phenomena-related academic studies and concepts from experts in their respective fields. Not the latest, but among the latest publicly available.*
- **Imminent**, by Lue Elizondo (2024) - (Lue's post) - Luis “Lue” Elizondo is a former senior intelligence official and special agent who was recruited into a strange and highly sensitive US Government program to investigate UAP incursions into sensitive military installations and air space. To accomplish his mission, Elizondo had to rely on decades of experience gained working some of America’s most sensitive and classified programs. Even then, he was not prepared for what he would learn, and the truth about the government’s long shadowy involvement in UAP investigations, and the lengths officials would take to keep them a secret. The stakes could not be higher. Imminent is a first-hand, revelatory account inside the Pentagon’s most

closely guarded secret and a call to action to confront humanity's greatest existential questions.

- **Sekret Machines series**, by Tom DeLonge, Peter Levenda, & AJ Hartley – True accounts, written as fiction (changed names, a few dates, and inserted "what characters were thinking" at various points); however, Tom has said openly that the situations and events they present are true.
    - Sekret Machines Book 1: Chasing Shadows *(A)* (DeLonge, Hartley) (April 2016) - Follows 4 characters: a skeptical journalist, a WWII POW, an heiress, and an Air Force UFO pilot, all drawn together by their encounters with unexplained phenomena. They delve into hidden truths about World War II, alien technology in U.S. government and Nazi possession, and forces beyond our understanding.
    - Sekret Machines Book 2: A Fire Within *(A)* (DeLonge, Hartley) (November 2016) - Two of the four main characters chase an ancient tablet hinting at humanity's extraterrestrial connection, while the other two delve into the secrets of a secret government facility called "Dreamland" (Area 51).
    - Gods, Man, & War Book 1: Gods *(A)* (DeLonge, Levenda) (November 2017) - Delves into controversial claims about extraterrestrial influence on human history. Authors DeLonge and Levenda claim access to classified information, presenting their arguments through historical figures, government officials, and whistleblower testimonies. The book explores potential connections between UFO phenomena, ancient civilizations including Ancient Egypt, and advanced technology.
    - Gods, Man, & War Book 2: Man *(A)* (DeLonge, Levenda) (April 2019) - Explores contemporary UFO encounters and their impact on people. Examining genetic anomalies, consciousness evolution, and human-machine integration, they explore how contact with extraterrestrial intelligence might be shaping our present and future. Focuses on scientific and technological mysteries surrounding UFO phenomena.
    - Gods, Man, & War Book 3: War *(A)* (DeLonge, Levenda) (September 2024) - The United States, Russia, China, and other countries around the world have experienced Contact with the Phenomenon, as we will discover in War. Americans demand that their leaders reveal what they know. They demand Disclosure. But what do our allies, and our enemies, know about the Phenomenon and why have they not already disclosed? Why is this an international issue, and not just an American one? And what does that tell us about the Phenomenon? We will discover how studies of the Phenomenon in other countries as well as in the US are plagued by events that have no rational explanation. We will see how what should be scientific bleeds over into what should be religion, and how the fusion of both stimulate studies in consciousness, and how this aspect of a field that should be mundane has led to madness and suicide in some of our most prominent researchers, and mysterious deaths in others. Will there be an alien invasion? Has it already happened? Are the governments of the world prepared for contact with "the government of the sky"?
- Trinity: A Novel, by Tom DeLonge and A.J. Hartley (2024) – With the help of a team of government insiders, exposes the secret pentagon UFO program that captured

America's attention and led to the first public congressional hearings about unidentified flying objects. In 1962, on the day of an atomic test, the nuclear blast brings down something over Trinity that wasn't supposed to be there—something not of this world. Now Van is running for his life, pursued by a murderous Soviet agent and government forces bent on keeping all he has seen—and all he has remembered—from getting out.

- UFO of God: The Extraordinary Story of Chris Bledsoe *(A),* by Chris Bledsoe (2023) – Prepare to go on a spiritual journey of awakening and transformation with a visit from the Lady, the Vatican, remote viewing, assassination plot of the Pope, dripping orbs, a burning tree, the Monroe Institute, and healing the son of an elite Washington DC power broker with ties to the White House. 16 years on, the phenomena still visits the Bledsoe family and affects the lives of people who come in contact with them. To outsiders this can be seen as demonic, but to those who are willing to keep an open mind, it is a blessing.
- The Flip: Epiphanies of Mind and the Future of Knowledge *(A)*, by Professor Jeffrey Kripal (2019) - A "flip," writes Jeffrey J. Kripal, is "a reversal of perspective," "a new real," often born of an extreme, life-changing experience. The Flip is Kripal's ambitious, visionary program for unifying the sciences and the humanities to expand our minds, open our hearts, and negotiate a peaceful resolution to the culture wars.
- Encounters *(A)*, by Diana Pasulka (2023) – A revolution is underway. For the first time in human history, we are at the cusp of experiencing contact with nonhuman life-forms of all kinds due to technological innovations and research into the experiences of people at the forefront of this development.
- American Cosmic *(A)*, by Diana Pasulka (2019) – Examines the mechanisms at work behind the thriving belief system in extraterrestrial life, a system that is changing and even supplanting traditional religions. *Note: "James" = Garry Nolan (per Garry Nolan)*
- Inside the US Government Covert UFO Program: Initial Revelations *(A)*, by by James Lacatski, D.Eng., Colm Kelleher, Ph.D., and George Knapp (2023) – An in-depth look at the United States government's secret UFO program. The book explores the activities and findings of the Advanced Aerospace Weapon Systems Applications Program (AAWSAP), which was initiated by the Defense Intelligence Agency (DIA) and carried out by Bigelow Aerospace Advanced Space Studies.
- Skinwalkers at the Pentagon: An Insider's Account of the Secret Government UFO Program *(A)*, by by James Lacatski, D.Eng., Colm Kelleher, Ph.D., and George Knapp (2021) – Delves into the world of UAP and the secret government program that investigated them, known as the Advanced Aerospace Weapon System Applications Program (AAWSAP), the USS Nimitz "Tic Tac" incident that it investigated, Skinwalker Ranch, the hitchhiker effect, and further offers an appendix of information about government studies of the phenomenon.
- Hunt for the Skinwalker: Science Confronts the Unexplained at a Remote Ranch in Utah *(A)*, by Colm A. Kelleher, Ph.D. and George Knapp (2005) - For more than 50 years, bizarre events at a remote Utah ranch have ranged from the perplexing to the wholly terrifying: vanishing and mutilated cattle, huge otherworldly creatures, invisible objects emitting magnetic fields, and more. For the family living at Skinwalker Ranch, life was under siege, and no one had been able to explain the horrors that surrounded them...But maybe science could. Leading a first-class team

of research scientists, Colm Kelleher spent hundreds of days and nights on the Skinwalker property and experienced firsthand many of its haunting mysteries.

- Interstellar *(A)*, by Avi Loeb (2023) – A mind-expanding book explaining why becoming an interstellar species is imperative for humanity's survival and detailing a game plan for how we can settle among the stars.
- Extraterrestrial: The First Sign of Intelligent Life Beyond Earth *(A)*, by Avi Loeb (2021) – Harvard's top astronomer lays out his controversial theory that our solar system was recently visited by advanced alien technology from a distant star.
- UFOs: Generals, Pilots, and Government Officials Go on the Record *(A)*, by Leslie Kean (2010) – Impeccably researched, this riveting journalistic investigation by veteran investigative reporter Leslie Kean separates fact from fiction, and documents the unexplained mysteries of—and government reactions to—actual UFOs.
- In Plain Sight *(A)*, by Ross Coulthart (2023) – The 1978 sighting of mysterious glowing lights that were reported near New Zealand's Kaikoura mountains is just one of thousands since the 1940s. Intrigued by this sighting since he was a child, award-winning journalist Ross Coulthart was compelled to investigate in 2020. Coulthart has embarked on the most intriguing story of his career, speaking to witnesses, researchers, scientists, spies, and defense and intelligence officials and insiders – to sift the truth from the conspiracy.
- UFOs & Nukes: Extraordinary Encounters at Nuclear Weapons Sites *(A)* (2017), by Robert Hastings
- The Hynek UFO Report: The Authoritative Account of the Project Blue Book Cover-Up (MUFON) *(A)* (2020), by J. Allen Hynek
- Books by Richard Dolan, historian and ufologist:
    - UFOs for the 21st Century Mind: The Definitive Guide to the UFO Mystery *(A)*, by Richard Dolan (2022) – Critical context of the UFO subject from a big picture perspective and within the broader social, political, and technological developments of our world.
    - 1941 – 1973 | 1973 – 1991 *(A)* Chronology of the UFO Coverup, by Richard Dolan
- Books by Jacques Vallée, Ph.D., astronomer, computer scientist, and ufologist:
    - TRINITY: The Best-Kept Secret *(A)* (2021) - Breakthrough Research [and backed by Christopher Mellon] Reveals the Earliest Evidence of US Government's UFO Recovery [crash retrieval program]. Hard evidence has existed since 1945 for the actual recovery of unidentified flying craft in the United States.
    - Passport to Magonia *(A)* (2014) - Explores the historical and cultural connections between UFO sightings and folklore about encounters with supernatural beings. | *This book was recommended by David Grusch in his interview with Tucker Carlson in ~December of 2023.*
    - Messengers of Deception *(A)* (2008) - Explores cultural, psychological, and sociological aspects of the UFO phenomenon.
- Books by John Keel, journalist and ufologist:
    - The Mothman Prophecies *(A)*, by John Keel (1975) - A chilling account of the West Virginia Mothman sightings and their connection to a series of unexplained events and tragedies.
    - Our Haunted Planet *(A)*, by John Keel (1971) - A wide-ranging exploration of global paranormal phenomena, from poltergeists to UFOs.

    - Operation Trojan Horse *(A)*, by John Keel (1970) - Explores connections with paranormal experiences, folklore, and ancient mythology. He presents compelling cases of humanoid encounters, strange phenomena like "men in black," and reports of non-linear time. | *Recommended by Jim Semivan at around the 54-minute mark when he interviewed Tom DeLonge.*
- The Three-Body Problem *(A)*, by Cixin Liu (2014) - A science fiction story that follows scientist Ye Wenjie, who, disillusioned by humanity's capacity for violence and destruction, makes contact with an alien civilization intent on invading Earth. As events unfold, readers are taken on a journey spanning decades and galaxies, exploring themes of science, politics, morality, and the complexities of human nature in the face of existential threats from both within and beyond our world. | *Lue Elizondo mentions the book here (and there's a bonus at the end).*
- Chains of the Sea *(A)*, by George Alec Effinger (1973) - A science fiction novella that explores the psychological and emotional impact of living in a future society where individuals are physically chained to their workstations beneath the ocean - while the well-off colonize planets, a rebellion grows against the oppressive authorities and the corporations that control them. | *This book was recommended by Lue Elizondo.*
- Unholy Alliance: A History of Nazi Involvement with the Occult *(A)*, by Peter Levenda (November 2019) – Written by the co-author of Sekret Machines: Gods and Sekret Machines: Man, this book explores the connection between Nazism and the occult, how some occult groups' ideas of racial superiority and mystical power influenced Nazis, and how symbols like the swastika were adopted for propaganda.

- **The Panama Papers** (text file) (Book) (April 2016) - The Panama Papers refer to a massive leak of 11.5 million confidential documents from the Panamanian law firm Mossack Fonseca, which was made public in 2016. These documents revealed the complex network of offshore companies and accounts used by the world's elite to hide wealth, evade taxes, and commit various forms of financial fraud.

Mind, Soul, & Consciousness

- Beyond the Brain: The Survival of Human Consciousness After Permanent Bodily Death, by Jeffrey Mishlove, Ph.D. (recipient of the only doctoral diploma in "parapsychology" ever awarded by an accredited university (University of California, Berkeley, 1980)) – Essay contest winner, 2021, The Bigelow Institute for Consciousness Studies. Jeffrey's acceptance speech was amazing.
- Stalking the Wild Pendulum by Itzhak Bentov (1977) *(interview)* - presents a unique perspective on consciousness, drawing upon concepts from physics, biology, and Eastern mysticism - cited in CIA files and Legacy Program documentation, as Bentov's work was used as a large part of the basis for that parapsychology research.
- A Brief Tour of Higher Consciousness: A Cosmic Book on the Mechanics of Creation, by Itzhak Bentov (1982, posthumously) - Bentov explores the dynamics of

consciousness, including altered states of awareness, meditation practices, and the structure of reality.

- The Power of Now *(A)*, by Eckhart Tolle (1997) – A mindfulness guide that emphasizes the importance of living in the present moment.
- The Untethered Soul *(A)*, by Michael Singer (2007) – Explores the concept of inner freedom and self-awareness. The book delves into the nature of the self and offers insights into how individuals can achieve spiritual awakening and personal transformation.
- The Law of One: The Ra Contact, by Ra, Carla Rueckert, Don Elkins, and Jim McCarty (1980s) [a.k.a. the Ra Material] – Channeling work conducted over several years exploring cosmic unity and spiritual evolution, under the mutual agreement that these teachings would be available to all, for free. The central tenet is that all things, beings, and experiences are fundamentally interconnected and part of a single, infinite creation. The Law of One describes a hierarchy of densities or levels of existence. Each density represents a stage of spiritual evolution, with the higher densities being more refined (more information-dense and more "real") and closer to the ultimate source, which is referred to in the Ra material as the One Infinite Creator. This is similar to Plato's Theory of Forms, and to Vedic ontology – particularly in Advaita Vedanta – which asserts that the true essence of an individual soul (called Atman) and the universal soul (called Brahman; or God; Source; the eternal Tao) are one and the same.
- Journeys Out of the Body, by Robert Monroe (1971) - Describes his experiences leaving his physical body and traveling to other realms or dimensions of existence. He recounts encounters with non-physical entities, visits to different locations on Earth and beyond, and insights into the nature of reality.
- Far Journeys, by Robert Monroe (1985) - Shares further insights and experiences from his explorations of non-physical realms and dimensions beyond the physical body.
- Ultimate Journey, by Robert Monroe (1994) - Delves deeper into the nature of reality and the purpose of human existence. Drawing upon his extensive experiences with OBEs and interactions with non-physical entities, Monroe shares insights into the evolution of consciousness, the nature of the afterlife, and the ultimate destiny of the human soul.
- Soul Boom *(A)*, by Rainn Wilson (2023) – On the need for a spiritual revolution. Rainn (Dwight from "The Office") has discussed his awareness of concepts akin to those we explore in this guide.
- The Yamas and Niyamas *(A)*, by Deborah Adele (2009) – Explores the yamas — a Sanskrit word that translates to "restraints" — and encompass nonviolence, truthfulness, not stealing, nonexcess, and nonpossessiveness. And the niyamas, or observances — purity, contentment, self-discipline, self-study, and surrender.
- The Heart of the Buddha's Teaching *(A)*, by Thich Nhat Hanh (1999) – Covers teachings such as the Four Noble Truths, the Noble Eightfold Path, the Three Doors of Liberation, the Three Dharma Seals, and the Seven Factors of Awakening.
- Books by Sean Webb, expert on AI and non-local consciousness:
    - Mind Hacking Happiness, Book 1 *(A)* (May 2017) - Techniques and strategies for achieving happiness and well-being by understanding and optimizing the functioning of the mind.

    - Mind Hacking Happiness, Book 2 *(A)* (August 2017) - Neuroscience, emotions science, ancient wisdom, spiritual enlightenment, and non-dual awareness.
    - The Human Mind Owner's Manual *(A)* (November 2023) - Welcome to being human. We are all gloriously dysfunctional because we're wielding the most powerful machine on the planet (the human mind), and no one taught us how to use it. Here's your manual. Sorry it's late. We forgot.
- The Dancing Wu Li Masters: An Overview of the New Physics *(A)*, by Gary Zukav - explores the fundamental concepts of modern physics, particularly quantum mechanics and relativity, drawing parallels between Eastern philosophy, particularly Taoism, and the discoveries of Western science.

Psi Phenomena

- [Astral Projection books | Remote Viewing books]
- Sean McNamara psi training books
    - Mind Sight *(A)*, by Sean McNamara (2021) - Mind Sight, also known as "seeing without eyes," has recently become well-known thanks to the internet and social media. This book is a training manual intended for adults who want to learn seeing without eyes in the comfort of their own home.
    - Defy Your Limits: The Telekinesis Training Method *(A)*, by Sean McNamara (2021) - Telekinesis, also known as mind over matter or psychokinesis, is real. Defy Your Limits offers what aspiring telekinesis practitioners have long sought, a detailed, tested, step-by-step method to learn exactly how to do it. While many can demonstrate TK, only a few can teach it proficiently in a format like this book.
    - Signal and Noise: Advanced Psychic Training for Remote Viewing, Clairvoyance, and ESP *(A)*, by Sean McNamara (2020) - This book can be used as a complete training system.
    - Renegade Mystic: The Pursuit of Spiritual Freedom Through Consciousness Exploration *(A)*, by Sean McNamara (2020) - Readers interested in out of body experiences, lucid dreaming, remote viewing, psychokinesis, energy healing, mediumship and contact with UFOs will gain tremendous insights and practice tips by reading this book.
    - Path of the Golden Teacher *(A)*, by Sean McNamara (2024) – A guide for safe and responsible integration of psilocybin and other psychedelics with meditation and includes information on how to grow psilocybin and extract DMT in the comfort and privacy of home. Per the author, the "golden teacher" = psilocybin.
- On the Threshold of the Unseen, by Sir William Barrett (1917) - Psychic phenomena, including telepathy, clairvoyance, and mediumship, drawing upon scientific studies, personal experiences.
- Telepathy and the Subliminal Self, by R. H. Thouless (1936) - Explores the phenomenon of telepathy and its potential implications for our understanding of the subconscious mind.

- Phantasms of the Living, by Edmund Gurney, Frederic Myers and Frank Podmore (prominent members of the Society for Psychical Research (SPR) in the United Kingdom) (1886) - Takes a systematic and scholarly approach to the study of apparitions, telepathy, and other paranormal phenomena.
- Human Personality and Its Survival of Bodily Death, by Frederic Myers (1903) - Extensive examination of evidence and arguments for the existence of an immortal aspect of human consciousness that survives physical death.

Philosophy

- Aristotle (Nicomachean Ethics) | (Eudemian Ethics) | (Works) - Numerous fields including metaphysics, ethics, politics, biology, and logic
- Marcus Aurelius (Meditations) - Stoic ethics, guidance on living a virtuous and fulfilling life
- Simone de Beauvoir (The Second Sex) | (Works) - Existentialism, feminism, and social theory
- Descartes (Meditations on First Philosophy) | (Discourse on the Method) - Metaphysics, epistemology, and mathematics
- David Hume (Treatise of Human Nature) | (Enquiries: Concerning Human Understanding & Principles of Morals) | (Works) – Epistemology, the role of experience and emotions in knowledge acquisition, metaphysics, empiricism, ethics, moral sentimentalism, and philosophy of religion
- Carl Jung *(psychology-oriented)*
    - Works: Complete Digital Edition - Includes Jungian Psychology and the basis of MBTI (Meyers-Briggs personality tests)
    - Man and His Symbols - Introduction to Jungian psychology and the exploration of symbols in the human psyche
    - Archetypes and the Collective Unconscious - Explores the notion that human psyche contains universal symbols, patterns, and motifs known as archetypes, which have profound influence on human behavior, emotions, and thought patterns.
    - The Red Book - Personal reflections, dreams, fantasies, and dialogues with his unconscious mind. Jung referred to these experiences as his "confrontation with the unconscious." - English translation starts on page 224.
- Immanuel Kant (Critique of Pure Reason | Critique of Practical Reason | Critique of Judgment | Groundwork for the Metaphysics of Morals) - 'A priori' knowledge (independent of experience), transcendental idealism, the limits of human reason, duty and universal moral principles, and philosophy of religion
- John Locke (Human Understanding (Tabula Rasa, "blank slate")) | (Two Treatises of Government) | (Toleration) | (Concerning Education) | (Reasonableness of Christianity) - Political theory, epistemology, and education
- John Stuart Mill (Utilitarianism | On Liberty | The Subjection of Women | Principles Of Political Economy) - Utilitarianism, liberal thought, ethics, political and economic theory, and social reform

- Plato (Plato's Cave) | (The Republic) | (Works) - Ethics, politics, epistemology, aesthetics, and metaphysics
- Jean-Jacques Rousseau (The Social Contract) | (Emile (Treatise on Education)) - Political philosophy, education, and literature
- Rumi
    - Masnavi i Ma'navi - Rumi's magnum opus, a treasure trove of spiritual wisdom, parables, and stories. It delves into themes of love, loss, self-discovery, and the divine.
    - Discourses - Prose essays and discourses with Rumi's teachings and interactions with his disciples.
    - The Essential Rumi - Anthology of select poems and prose from various works.
- Socrates (Daimonion) | (Doctrine of the Soul) | (The Trial and Death of Socrates) - Ethics, epistemology, and metaphysics, and the Socratic method of questioning
- Baruch Spinoza (Works) - Rationalism, pantheism, and emphasis on the unity of God and nature
- Manly P. Hall *(occult oriented)*
    - The Secret Teachings of All Ages – Encyclopedia of esoteric and occult knowledge.
    - The Occult Anatomy of Man – Explores the symbolic and metaphysical dimensions of human anatomy, drawing upon various mystical, occult, and spiritual traditions from around the world.

Academic Religious Studies

- Encyclopedia of Angels & Demons *['Dictionary of Angels']*, by Gustav Davidson (1967) – Comprehensive list of angels, archangels, demons, and their appearances in literature over the centuries.
- The Varieties of Religious Experience, by William James (1902) - Rather than focusing on the dogmas or doctrines of specific religions, James examines the subjective and personal aspects of religious belief - explores mystical experiences, conversion experiences, and the role of religion in addressing existential questions and providing meaning to life.
- The Golden Bough: A Study of Religion and Philosophy, by Sir James George Frazer (1890) - One of the most influential and widely studied works in the fields of anthropology, comparative religion, and mythology.
- Totemism, by Sir James George Frazer (1910) - Explores the concept of totemism as part of his broader examination (The Golden Bough).

Religious Texts

Not exhaustive, but I tried to include the most influential texts, where available.

Read all religious texts with an open but discerning mind.

Hinduism

(est. circa 1500-1200 BCE, India (the Vedic period))

- Holy Vedas (circa 1500 BCE to 1200 BCE) - Hinduism's oldest scriptures - a vast collection of hymns, poems, and rituals passed down through oral tradition for centuries. Composed of four books (Rig, Yajur, Sama, Atharva) covering prayers, deities, philosophical inquiries about the universe, and wisdom.
- The Upanishads (circa 800 BCE to 200 BCE) - Considered part of the Vedas, are stories, dialogues, and metaphors on consciousness, the soul, the nature of reality, the self, and the ultimate purpose of life. It includes concepts like "Atman" (individual self) and "Brahman" (universal reality) and explores their interconnection and potential for liberation.
- Bhagavad Gita (circa 500 BCE to 101 BCE) - "Song of God" - The holy scripture of Hinduism - an epic poem embedded within the Mahabharata. Set on a battlefield just before the battle of Kurukshetra, it explores themes of duty, dharma, karma, and the path to liberation through a dialogue between warrior Arjuna and Lord Krishna, an avatar of Vishnu.
- The Yoga Sutras of Patañjali (circa 400 BCE to 200 BCE) - Classical guide to Raja Yoga, exploring the path to liberation through eight limbs of yoga – ethical principles, postures, breath control, sense withdrawal, concentration, meditation, and absorption.
- Bhagavata Purana (circa 400 BCE to 300 BCE) - Devotional exploration of God's supreme nature, liberation through bhakti, the eternal soul, and life's journey back to God.
- Vishnu Purana (circa 1 CE to 200 CE) - One of 18 Mahapuranas, a sacred Hindu text focusing on Vishnu and his avatars, creation, cosmology, genealogy, and cycles of time.

Judaism

(est. circa 2000 BCE to 1312 BCE, Israel (in the ancient region of Canaan))

- Tanakh - Hebrew Bible for Judaism, divided into Torah (law), Nevi'im (prophets), and Ketuvim (writings):
    - Torah - Foundation of Judaism, laying out creation, God's laws and covenant with Israel, guiding ethical life and journey from Egypt to the Promised Land
    - Nevi'im - Words of prophets challenging injustice, urging social reform, proclaiming hope and God's message for Israel and the world.
    - Ketuvim - Collection of poems, wisdom teachings, prayers, and historical narratives offering rich perspectives on faith, life, and humanity's relationship with God.
- The Dead Sea Scrolls - While not a religious text, the Dead Sea Scrolls date from around 2nd century BCE to 1st century CE and are primarily associated with Second Temple Judaism. They contain biblical texts, commentaries, and writings, revealing

aspects of Jewish thought and practices during the time of Jesus. *Note: The Dead Sea Scrolls contain no mentions of Jesus; they were primarily locally focused, and most of the scrolls predate Jesus' ministry by several or more decades.*

Zoroastrianism

(est. circa 600 BCE to 400 BCE, Persia (modern-day Iran))

- Zend-Avesta, translated by James Darmesteter - Comprising the Avestan scripture and its Middle Persian commentaries, offering core Zoroastrian beliefs, hymns, rituals, and interpretations from the prophet Zoroaster (Zarathustra in Avestan).
- Gathas of Zarathustra, by Dr. Irach J.S. Taraporewa - Earliest and core hymns of Zoroastrianism, attributed to the prophet Zarathustra, exploring themes of good vs. evil, truth, justice, and the path to enlightenment.
- Two Centuries of Silence, by Abdolhoussin Zarinkoob - *Not a religious text* - Historical work that examines the period of the Arab conquest in Iran between the fall of the Achaemenid Empire and the rise of the Sassanian Empire, during which historical sources are scarce, leading to a relative "silence" in historical records - society, culture, religion, politics, and military affairs.

Taoism

(est. circa 600 BCE to 300 BCE, China)

- Tao Te Ching *(more translations)* ('Dao De Jing' in Pinyin) - Written circa 770 BCE – 256 BCE. The Classic of the Way and Virtue, or "The Way" - teaches embracing simplicity and following the natural way of the Tao - living in harmony with the flow of nature, recognizing the interconnectedness of all things, and understanding that everything follows its own innate course. It encourages practicing non-action (Wu Wei), accepting the paradoxes of life, cultivating inner stillness/emptiness, and practicing compassion and kindness towards others.
- I Ching (Yì Jīng in Pinyin) - Written circa 1800 BCE to 1000 BCE. The Classic of Changes, or Book of Changes. A guide to navigating the ever-shifting currents of life. It describes a universe in constant flux, where yin and yang dance in dynamic interplay. Through its system of hexagrams (symbolic representations of situations and possibilities) the Yijing invites the reader to recognize that impermanence is the essence of existence and that wisdom lies in adapting with grace, to discern the underlying patterns of change and align with the natural flow of the universe, and to accept the cyclical nature of life, learning to find stillness and inner peace within the dance of change.

Jainism

(est. circa 599 BCE or 540 BCE, India)

- Tattvartha Sutra - "On the Nature of Reality", foundational Jain text by Acharya Umaswami, 2nd-5th century CE, covers metaphysics, epistemology, ethics, soteriology, and the path to liberation.
- Bhaktamar Shloka - "The Nectar of Devotees", 27 verses composed by Acharya Manatunga in the 9th century CE, praising the qualities and powers of the current Tirthankara (master spiritual teacher) of Jainism.

Theravada Buddhism

(est. circa 563 BCE to 483 BCE, India)

- Tripitaka - "Three Baskets", core Buddhist scripture, comprising of Vinaya Pitaka (monastic rules and regulations), Sutta Pitaka (Buddha's discourses on diverse topics), and Abhidhamma Pitaka (philosophical analysis of Buddhist concepts).

Confucianism

(est. circa 206 BCE to 220 CE, China)

- Analects - Composed primarily of sayings and dialogues attributed to Confucius, the Analects explore ethics, governance, personal conduct, and societal harmony. This influential text remains a cornerstone of Chinese philosophy and offers timeless insights into various aspects of life.

Shintoism

(est. circa 300 BCE to 300 CE, Japan)

- Kojiki, translated by by Basil Hall Chamberlain (massive) - Kojiki, or "Records of Ancient Matters", is Japan's oldest extant literary work and a foundational text of Shintoism. Themes of Japanese creation, divine lineages, and the origins of the imperial household. Myths, legends, and historical accounts, the Kojiki offers a unique window into ancient Japanese beliefs and traditions.
- Shinto (The Kami Way), by Dr. Sokyo Ono (1962) - *Not a religious text* - Philosophical work that delves deeply into Japan's historical development, philosophical schools, and ritual practices.

Gnosticism

(est. circa 33 CE to 200 CE, Egypt, the Eastern Mediterranean including Cyprus, and the Middle East)

While never an organized religion, Gnosticism was a belief system rooted in religion and spirituality nonetheless. It was a secretive-by-necessity set of beliefs that included a wide range of religions and knowledge, including Platonism, Buddhism, Hinduism, the Hermetica, and so on.

- The Gnostic Society Library

- The Nag Hammadi Scriptures (full-text)
- The Gospel of Truth - A poetic work on the inherent knowledge of the divine spark within each person. It emphasizes escaping ignorance, not sin, as the path to salvation.
- The Sophia (Wisdom) of Jesus Christ - Jesus revealing knowledge about wisdom (Sophia) and his role alongside Sophia.
- The Gospel of Thomas - A collection of 114 sayings attributed to Yeshua (Jesus).
- Pistis Sophia (book scan; massive) - Vision of the divine realms and the creation story, emphasizing the fall and redemption of Sophia (Wisdom). It further presents a unique interpretation of Jesus' teachings, focusing on themes like salvation, the journey of the soul through various planes of existence, and esoteric knowledge hidden from the uninformed.
- The Secret Book of John - Also known as the Apocrypha of John. 2nd-century Gnostic Christian text attributed to John the Apostle. It explores themes of hidden knowledge (gnosis), the origins of the universe and humanity, and the path to spiritual liberation.
- The Gospel of Philip - Delves into themes like faith, knowledge, and the relationship between humanity and the divine. Includes the story of the marriage of Mary Magdalene and Jesus.
- The Gospel of Mary *(Mary Magdalene, the first woman apostle of Jesus, is entrusted with hidden wisdom by Jesus. The Gospel explores themes of knowledge, revelation, and the journey of the soul, offering a unique perspective on early Christian thought and the role of women.
- Hypostasis of the Archons - "Reality of the Rulers" - Explores the origins of the universe and the nature of its divine rulers. Discusses the role of archons, who are lower, malevolent powers in the material world, and their influence on human beings. It paints a complex picture of a flawed creation by arrogant beings and humanity's struggle to find true knowledge and liberation.
- The Book of Enoch - Enoch, Noah's great grandfather's adventures - an ancient religious text that explores themes of angels, fallen angels and the origins of evil, going aboard a UFO, and visions of heaven.
- Treatise on the Resurrection, by the 2nd century Christian theologian Irenaeus of Lyon - Also referred to as "The Letter to Rheginos" because it's a letter responding to questions about the resurrection posed by Rheginos. This text emphasizes the spiritual resurrection already experienced by those who understand their true nature, and argues for the bodily resurrection of the dead based on biblical and theological arguments.
- The Exegesis on the Soul - Gnostic interpretation of the Genesis creation story and the nature of the human soul's descent into the material world. It emphasizes themes of repentance, prayer, and spiritual transformation as the path to salvation. The text encourages introspection, self-hatred for past sins, and a complete turning away from deception to achieve renewal and redemption.
- The Thunder, Perfect Mind - A mysterious Gnostic text composed in Coptic. It features a series of paradoxical "I am" statements attributed to a divine voice, often identified as feminine, challenging conventional definitions of divinity and exploring themes of life, death, war, peace, and self-knowledge, and wisdom.

Orthodox Christianity

(est. circa 313 CE, Eastern Roman (Byzantine) Empire, with its center in Constantinople (modern-day Istanbul, Turkey))

- The Holy Bible / The New Testament - The holy scriptures of Christianity. Covers a wide range of topics, including history, law, poetry, prophecy, and teachings attributed to Jesus of Nazareth.

Zen Buddhism

(est. circa 600 CE to 700 CE, China)

- The Zen Teachings of Bodhidharma - Foundational text in Zen Buddhism that focuses on practices and core principles, such as meditation, enlightenment, and the nature of reality.
- The Platform Sutra of the Sixth Patriarch - The teachings of Huineng and the essence of Zen practice - the title "Platform" refers to the pulpit from which Huineng taught.
- Introduction to Zen Buddhism, by Daisets Teitaro Suzuki (1934) - *Not a religious text* - Renowned Japanese scholar presents Zen philosophy as a way of life, teachings of Zen masters such as Bodhidharma and Dogen, zazen (meditation), koans (paradoxical questions), experiential realization over doctrinal knowledge, and elucidates the concept of satori, or sudden enlightenment, and the role of rigorous meditation in attaining it.

Islam

(est. circa 610 CE, Arabia (in the city of Mecca, which is now in Saudi Arabia))

- Quran (610 CE to 632 CE) - Considered the literal word of God and the final revelation to humanity, superseding all previous scriptures, the Quran is a direct revelation from God (Allah) to the Prophet Muhammad over a period of 23 years. Comprised of 114 chapters (surahs) and 6,236 verses (ayat), covering topics like monotheism, worship, law, morality, stories of prophets, and the Day of Judgment.
- Hadith (800 CE to 900 CE) - A collection of sayings, daily life and interactions, and approvals attributed to the prophet Muhammad. Hadith plays a crucial role in Islamic law, theology, and ethics, guiding Muslims in various aspects of daily life.

Tibetan Buddhism

(est. circa 755 CE to 797 CE, Tibet)

- Tibetan Book of the Dead - a.k.a. Bardo Thodo - teachings and practices related to death, the intermediate state (bardo), and the process of rebirth. Describes the 49 days of the bardo, including visions, illusions, and challenges. Offers guidance and rituals for navigating these experiences and achieving liberation.

Sikhism

(est. circa 1469 CE, Punjab region, which spans parts of India and Pakistan)

- Guru Granth Sahib - The holy scripture of Sikhism, which teaches a universal message of love, equality, and devotion to God. Contains hymns and poems composed by the Sikh Gurus and other saints, set to music.

Bahá'í Faith

(est. circa 1844 CE to 1863 CE, Persia (modern-day Iran))

- The Kitab-i-Aqdas ("The Most Holy Book") - Written by the faith's founder, Bahá'u'lláh, and considered the holy scripture of the Baha'i Faith. It covers a wide variety of topics and offers guidance in areas of theology, ethics, morality, governance, social organization, and individual conduct. It also contains laws and ordinances for individual and community life (prayer, fasting, marriage, inheritance, etc.), social principles promoting unity, justice, equality, and education, and prophecies and visions for the future of humanity.

History & Mythology

The term 'mythology' is made quite complicated by the broadened awareness of the phenomenon and its implications; used here for the sake of familiarity.

Years provided are estimates (at best) based on currently available sources – which often disagree.

Ancient Africa is excluded below due to its long history of oral traditions, the sheer number of regions and writing systems, and limited findings from ancient sub-Saharan cultures.

[Dictionary of Gods and Goddesses **]**

Ancient Mesopotamia

Sumer (circa 4000 BCE, Mesopotamia (modern-day Southern Iraq)) | Akkadian Empire (2334 BCE, Mesopotamia) | Babylonian Empire (~1900 BCE, Mesopotamia)

- Wiki: Ancient Civilizations & Deities
- *The Electronic Text Corpus of Sumerian Literature – A vast collection of Sumerian and Akkadian texts.*
- Enuma Elish - The Sumerian creation story.
- Enki and the World Order - The organization of the world by the god Enki (a.k.a. Ea).
- Atrahasis Epic - The Sumerian flood story

- The Descent of Inanna - Goddess Innana's journey into the underworld.
- The Epic of Gilgamesh - Follows the adventures of Gilgamesh, the king of Uruk, and his quest for immortality. It explores themes of friendship, mortality, and the search for meaning in life.
- Epic of Erra (Summary only) - Erra becomes enraged by humanity's disobedience and moral decay, leading to chaos and conflict in the world.
- The Code of Hammurabi - One of the oldest and most well-preserved legal codes from ancient Mesopotamia.

Indus Valley Civilization

(circa 3300 BCE, Northwestern India subcontinent)

- Wiki: Ancient Civilizations & Deities
- The religious beliefs of the Harappan civilization remain largely unknown due to the lack of decipherable written records. Archaeological evidence suggests a reverence for nature, fertility, and possibly water-related cults, based on symbols and motifs, including animals, deities, and possibly ritualistic activities found on pottery, seals, and other artifacts.

Ancient Egypt

(circa 3100 BCE, Nile River Valley, northeastern Africa (modern-day Egypt))

- Wiki: Ancient Civilizations & Deities
- The Pyramid Texts (Mercer Translation | Allan Translation - Among the oldest religious texts in the world - these texts were inscribed on the walls of pyramids and may have been intended, in part, to aid a deceased Pharaoh's journey to the afterlife.
- The Book of the Dead (The Book of Coming Forth by Day) - originally title "The Chapters of Coming Forth by Day" - Spells and declarations written on papyrus scrolls and placed in tombs to help the deceased navigate the afterlife and achieve eternal life. These tomb scrolls were later compiled into this book.
- Literature of Ancient Egypt: An Anthology of Stories, Instructions, Stelae, Autobiographies, and Poetry, by William Kelly Simpson (2003) - Comprehensive examination of the literary texts and themes of Ancient Egyptian writing, and comprised of a selection of literary works that include tales, teachings, hymns, prayers, and autobiographical writings.
- The Gods of the Egyptians, by Sir Ernest Arthur Wallis Budge (Keeper of Egyptian and Assyrian Antiquities in the British Museum, 1904) - Explores the complex pantheon and religious beliefs and the gods' associated myths, symbols, and cults, and offers a comprehensive overview of ancient Egyptian religion and mythology.
- Priests of Ancient Egypt, by Serge Sauneron, translated by Ann Morrissett (1957) Explores the influence of priests in ancient Egyptian society, various aspects of priesthood, their religious duties, rituals, and social status.

Ancient China

(circa 2000 BCE [and earlier], China)

- Wiki: Ancient Civilizations & Deities
- Lady Meng Jiang's Mourning at the Great Wall - Folktale about a woman whose husband is forced to work on the construction of the Great Wall of China.
- The Butterfly Lovers - "The Chinese Romeo and Juliet."
- The Legend of the White Snake – The story of a snake spirit falling in love with a human.
- The Weaver Girl and the Cowherd - While all four of these legends are great classics of romantic love stories, only 'Cowherd and the Weaver Girl' became commemorated as a yearly festival, the Qi Xi Festival (七夕節 ; qī xī jié), falling on the 7th day of the 7th month of the Chinese (Lunar) Calendar.
- The Creation Legends (Pangu (a.k.a. Pan Gu) and Nüwa (a.k.a. Nu Gua))

Ancient Mesoamerica

(circa 2000 BCE, Central America (modern-day Mexico, Guatemala, Belize, Honduras, and El Salvador))

- Wiki: Ancient Civilizations & Deities
- The Popol Vuh ("Book of the People") - Mayan Bible
- Codex Borgia - Religion, astronomy, and ritual practices.
- The Gods of Mexico, by Lewis Spence (1923) - A comprehensive work that explores Mesoamerican religions, focusing on the deities and religious practices of ancient Mexico, including those of the Aztec, Maya, and other pre-Columbian civilizations. He goes into the pantheon of gods worshiped by the peoples of ancient Mexico, detailing their myths, rituals, and cultural significance.
- The Aztec Empire (est. circa 1300 CE to 1400 CE, Mexico)
    - Five Suns - The Aztec creation story.
    - The Aztec Flood Story

Ancient Greece

(circa 1600 BCE, Balkan Peninsula, Greece. The spread of Christianity in the later Roman period led to the gradual decline by around 500 CE)

- Wiki: Ancient Civilizations & Deities
- Library of Greek Mythology (The Bibliotheca), by Apollodorus of Athens - Compilation of Greek mythology, creation of the cosmos, history, heroic epics. *(table of contents is on PDF page 36)*
- Hermetica: Corpus Hermeticum, The Perfect Sermon (Asclepius), and Excerpts from Stobæus *[backup]* attributed to Hermes Trismegistus (a.k.a. Thoth); G.R.S. Mead translation, 1906 - British writer, scholar, and translator known for his work in the fields of Gnosticism, Hermeticism, and esotericism. This 2010 edition was published

into the public domain in by Celephaïs Press - it is a republishing of Mead's translations without alteration.
- The Emerald Tablet (a.k.a. Smaragdine Tablet), attributed to Hermes Trismegistus. This tablet is the origin and context of the phrase "As above, so below." A short, cryptic ~15-line poem containing core principles of Hermetic philosophy and alchemy, focusing on the oneness of all things, the power of the mind, and the transmutation of matter. The link is to a large set of translations of the same poem.
- *The Kybalian (1908), by "Three Initiates" [often identified as the New Thought pioneer William Walker Atkinson] - An early 1900s occult study of Hermetic philosophy.*
- The Iliad, by Homer - Epic poem that recounts the events of a few weeks during the Trojan War, focusing primarily on the rage of the Greek hero Achilles.
- The Odyssey, by Homer - Follows the adventures of the Greek hero Odysseus as he tries to return home to Ithaca after the Trojan War.
- Theogony, by Hesiod (Audiobook) - Large-scale synthesis of a vast variety of local Greek traditions concerning the gods, organized as a narrative that tells how they came to be and how they established permanent control over the cosmos.
- Titanomachy - The war between the Greek gods and the Titans.
- Works and Days, by Hesiod (Audiobook) - Greek didactic poem (set up in maxims, proverbs, and anecdotes) containing practical advice and moral guidance for living a righteous and productive life.
- Metamorphoses, by Ovid - Retelling of over 250 myths from Greek and Roman mythology.
- Cambridge Guide to Greek Mythology
- Greek Gods and Goddesses, by Michelle M. Houle (2001)

Ancient Rome

(circa 750 BCE to 500 BCE, near central Italy's Tiber River)

- Wiki: Ancient Civilizations & Deities
- The Aeneid, by Virgil, translated by John Dryden - Epic poem that follows the legendary hero Aeneas as he flees from the burning city of Troy.
- The Metamorphoses, by Ovid - Narrative poem that traces the history of the world from its creation to the deification of Julius Caesar.
- The Fasti, by Ovid - Religious festivals and rituals, and legends associated with each month of the Roman calendar.
- Encyclopedia of Greek and Roman Mythology

Ancient Celts

(circa 600 CE, Western and Central Europe - Ireland, Scotland, Wales, Cornwall (modern-day England), and Brittany (modern-day France))

- Wiki: Ancient Civilizations & Deities
- Leabhar Gabhála (info) - "The Book of the Taking of Ireland"; The Book of Invasions; The Book of Conquests. A history of Ireland and the Irish from the creation of the world to the Middle Ages. Originally compiled circa the 12th century CE.

- The Mabinogion, translated by Lady Charlott Guest - Welsh medieval tales, mythological narratives, heroic epics, and folklore.
- Myths, Legends, Poetry, and Romance
- Druids of Ireland
- Druids of Britain

Ancient Norse

(circa 700 CE, Scandinavia (Norway, Sweden, Denmark, Iceland, and parts of Finland))

- Wiki: Ancient Civilizations & Deities
- The Poetic Edda - a.k.a. The Elder Edda - A collection of Old Norse poems and the primary source for Norse mythology.
- The Prose Edda - a.k.a. The Younger Edda - A collection of prose narratives that serves as a handbook for poets with explanations and interpretations of Old Norse mythology and poetry.
- The Njáls Saga - A masterpiece of medieval literature - Epic narrative set in the late 10th century and early 11th century Iceland and focuses on a multi-generational feud that highlights the complexities of honor, loyalty, and friendship.
- Book of Norse Mythology – Academic; early 1900s.

Ancient Japan

(circa 712 CE to 1185 CE, Japan)

- Wiki: Ancient Civilizations & Deities
- Kojiki (Records of Ancient Matters), translated by by Basil Hall Chamberlain (massive) - Japanese mythology, folklore, and early history.
- Ancient Tales and Folklore of Japan, by R. Gordon Smith (1908) - Stories of gods, heroes, spirits, ghosts, and magical creatures.

Bodily Health

- Textbook of Avurveda, Vol 1 – Fundamentals *(A)*, by Vasant Lad
- Ayurveda Encyclopedia *(A)*, by Swami Sadashiva Tirtha and R. C. Uniyal
- Ayurveda: A comprehensive guide to traditional Indian medicine for the West *(A)*, by Frank John Ninivaggi, M.D.
- Handbook of Medicinal Herbs *(A)*, by James A. Duke, botanist
- Wahls Protocol | (Audiobook), by Terry Wahls M.D.

Quantum Mechanics, String Theory, and M-Theory

- **Start Here**: 12-minute primer on quantum physics.
- The Holographic Universe *(A)*, by Michael Talbot (1991) - Explores the idea that the universe may be fundamentally holographic in nature, meaning that reality is akin to a hologram, where each part contains information about the whole.
- **Quantum Physics / Quantum Mechanics (circa 1900)** - A branch of physics that studies the behavior of **very** small particles, like atoms and subatomic particles, at the tiniest scales. It's a theory that explains how these particles can exist in multiple states simultaneously, called superposition, and how their properties, such as position and momentum, are inherently uncertain. Quantum mechanics has led to many technological advancements but is known for its strange and counterintuitive concepts, such as particles being in two places at once or instantly influencing each other, known as quantum entanglement.
    - Free Quantum Mechanics Textbooks/Papers:
        - Intro to Quantum Mechanics – Harvard
        - The Physics of the Microscopic World - Kenyon College
        - Intro With Application to Chemitry - Osmania University
- **String Theory (circa 1968)** – A theoretical framework in physics that proposes tiny, vibrating strings as the fundamental building blocks of the universe. These strings come in different shapes and sizes, and their vibrations correspond to the different fundamental particles and forces we observe. String theory requires extra dimensions beyond our familiar four-dimensional spacetime. These extra dimensions are thought to be very small and curled up in a way that we don't normally perceive them. String theory is a well-developed and studied theory, but it faces challenges such as explaining how the extra dimensions are compactified and how the theory incorporates gravity.
    - Free String Theory Textbooks/Papers:
        - Introduction to String Theory - Heidelberg University
        - String Theory for Undergrads - MIT
- **M-Theory (circa 1995)** - A theoretical and more general framework [than string theory] that attempts to unify various versions of string theory. M-Theory proposes that higher-dimensional objects called 'branes' make up the universe, with strings [from string theory] being a specific type of brane. It envisions a higher-dimensional universe where these strings exist and interact.
    - Free M-Theory Textbooks/Papers:
        - Landscape of M-Theory - University of California, Santa Barbara (USCB)
        - M-Theory and Light Cones - USCB
        - Hydrodynamics of M-Theory - USCB

Declassified Docs

version 1.13 | Jun 22, 2024

FOIA'd and/or scheduled declassifications.

Declassified CIA Document Search

- CIA Reading Room
- Advanced Search

Legacy Program Parapsychological Studies

Here's some documentation from the CIA's Legacy Program:

- Analysis and Assessment of the Gateway Process, 1983 | *(backup link)*, declassified on September 10, 2000 - The Gateway Process was used by the CIA in one or more of its "Legacy Programs." The CIA's version of the same doc (source) was written by Commander Wayne McDonnell, who was among those assigned to intelligence operations during a critical period of the Cold War, focusing on signal intelligence, cybersecurity, and parapsychology activities, among other things. What's strange about the release of this document is that it's missing, of all pages, page 25. The CIA claims that they don't have it. To this day, their copy is still missing page 25. On June 10, 2021, however, a copy of the same document was provided to the public domain by the Monroe Institute, the creators of the sound technology being assessed - it includes the missing page 25 / PDF page # 27, which contains critical list items #35 and #36.
- The One Human Problem and its Solution, 1977 | (mil. source) | (PDF source) | *(backup link)* - This paper explores the idea that the emergence of UAP may reflect a growing readiness among humans to foster greater unity and cooperation, but the solution mentioned is a technological linkage.
- Project Kona Blue *(AARO / DHS)*: Released April 16, 2024
    - A prior letter from Sen. Harry Reid combined with the newly-declassified Kona Blue doc's page 8, fully and undeniably vindicates Lue Elizondo.
    - *Kona Blue description below is from the New Paradigm Institute* –

      The All-domain Anomaly Resolution Office (AARO) and the Department of Homeland Security (DHSgov) recently declassified a document related to the previously prospective special access program (PSAP) known as KONA BLUE. Originally a Department of Homeland Security initiative, KONA BLUE was terminated on February 10, 2012, and all its documents have now been made public. The declassification retained visibility of former classifications through

a strike-out method while redacting specific details following policy and legal reviews.

KONA BLUE focused on exploring remote vision, communication, and materialization techniques capable of transcending dimensional and space-time barriers. These capabilities were considered top priorities for intelligence and security, with countermeasures also being emphasized. The document reveals that technology derived from recovered Advanced Aerospace Vehicles (AAV) was kept secure under strict special access program protocols to protect sensitive information.

The declassified document emphasizes the necessity of high operational security to prevent potential adversarial misuse of these advanced technologies, which include areas of quantum mechanics, nuclear science, electromagnetic theory, gravitation, and thermodynamics. It specifies that only a small, specialized group of Department of Defense (DoD) personnel are authorized for related functions to ensure the program's objectives and integrity are maintained. Furthermore, it notes that senior government approval might be required for the nuanced collection, engineering, and application of these technologies, with access strictly limited to a "bigoted list" of cleared individuals to preserve the secrecy and integrity of the program.

- Parapsychology (CIA working notes from 1995)
- Project Sun Streak - Psychokinesis and ESP
- **Remote Viewing:**
    - RV Report with illustrations & charts
    - Evaluation of RV (page 178 is interesting)
    - RV intelligence applications report (many redactions)
    - Remote Viewing (by Harold "Hal" Puthoff)
    - Stanford Research, 1974
    - **Planetary & Related Remote Views**
        - Moon, 1975 - "Penetration", by Ingo Swann - chapter 5 excerpt: Humanoids on the Moon
        - Mars, 1984 (target: the year 1 million B.C.) - Joe McMoneagle, a.k.a. Remote Viewer #001 | *(backup link)* | Joe telling this story; premiered February 6, 2024
        - Jupiter, 1973 - Ingo Swann | *(backup link)* | (The Jupiter drawing by Ingo Swann)
        - Galactic Federation Headquarters – 13 Jan 1988
- Channeling 1 (Hal Puthoff)
- Channeling 2 (Hal Puthoff)
- Qigong Energy Study

UFO-Related Declassified Docs

- UAP Reporting and Material - Disposition GENADMIN (2024) – Internally, the Pentagon says that anomalous [UAP] incidents are occurring all over the world.
  - Excerpt 1
  - Excerpt 2
- Australian Minute Paper on US / CIA attitude pertaining to UFOs, 1971 | (*backup link*) – This report from Australian Intelligence on official US / CIA records and statements regarding the "UFO Problem" from 1971 is quite interesting. The document contains two attachments, the first consists of an analysis of the "US Attitude on the UFO problem" and the second is research done by Jacques Vallée on UFO propulsion and weapon systems. It was submitted to the Australian Joint Intelligence Organization by O.H. Turner, Australian Health Physics Representative, Hd. Nuclear Branch.
- UFOs: What Are They? (1967)
- Analysis of UFO Photography (1967)

Science & Phenomenon Studies

version 1.08 | Jun 10, 2024

Science & Phenomenon Studies

Phenomena-related academic studies and concepts from experts in their respective fields. Not the latest, but among the latest publicly available.

These papers are provided as-is. I can make no claims regarding their accuracy or how up to date they are.

- Extraterrestrial Life in Space. Plasmas in the Thermosphere: UAP, Pre-Life, Fourth State of Matter, by various authors (Feb 2024) *(source)*
- Searching for the Universal Matrix in Metaphysics [EarthTech.org Publication], by Harold E. Puthoff, Ph.D. (2002)
    - Harold E. Puthoff's EarthTech publications
    - Eric W. Davis's EarthTech publications
- The "Wow! signal" of the terrestrial genetic code, by Vladimir I. Cherbak and Maxim A. Makukov (2013); discussed in the Sekret Machines: Gods book. This astrobiological panspermia theory explores the mathematical and symbolic patterns within the human genetic code. Their hypothesis touches on aspects of bioinformatics, astrophysics, and the search for extraterrestrial life, presenting the idea that the genetic code might not be entirely the product of random evolutionary processes but could contain deliberate informational patterns that point to an intelligent source.
- The Pentagon's Secret UFO Program, the Hitchhiker Effect, and Models of Contagion, by Colm Kelleher, Ph.D. (2022). The hitchhiker effect is often reported in relation to Skinwalker Ranch, whereas visitors sometimes take "hitchhikers" with them when they leave, and paranormal activity starts occurring at home.
- Warp Drive, Dark Energy, and the Manipulation of Extra Dimensions, by Richard K. Obousy, Ph.D. and Eric W. Davis, Ph.D. (2009)
- Advanced Propulsion Study, by Eric W. Davis, Ph.D. (2004)
- Incommensurability, Orthodoxy and the Physics of High Strangeness: A 6-layer Model for Anomalous Phenomena, by Jacques Vallée, Ph.D. and Eric W. Davis, Ph.D. (~early 2000s)
- Traversable Wormholes, Stargates, and Negative Energy, [Author Redacted, (b)(6)] (by Eric W. Davis, Ph.D.) (2009)
- Advanced Space Propulsion Based on Vacuum (Spacetime Metric) Engineering, [Author Redacted, (b)(6)] (by Harold E. Puthoff, Ph.D.) (2009)
- Invisibility Cloaking: Theory and Experiments [Author Redacted, (b)(6)] (by Ulf Leonhardt, Ph.D. and Dr. Phil Habil, Fellow of the Royal Society of Edinburgh) (2009)
- Detection and High Resolution Tracking of Vehicles at Hypersonic Velocities, [Author Redacted, (b)(6)] (2010)

- Positron Aerospace Propulsion (anti-matter), [Author Redacted, (b)(6)] (2009)
- Quantum Tomography of Negative Energy States in the Vacuum, [Author Redacted, (b)(6)] (2009)
- Cockpits in the Era of Breakthrough Flight, [Author Redacted, (b)(6)] (2010)
- Metamaterials for Aerospace Applications, [Author Redacted, (b)(6)] (2009)
- Aerospace Applications of Programmable Matter, [Author Redacted, (b)(6)] (2009)
- High-Frequency Gravitational Wave Communications, [Author Redacted, (b)(6)] (2009)
- Quantum Computing and Utilizing Organic Molecules in Automation Technology, [Author Redacted, (b)(6)] (2010)

Radiation

Within the electromagnetic spectrum exists a vast range of radiant energy categorized by its wavelength and energy level. Two fundamental classifications of radiation with significant implications for biological systems are ionizing radiation and non-ionizing radiation. The critical distinction between these categories hinges on their ability to interact with matter at the atomic level.

Ionizing Radiation:

- Has enough energy to remove electrons: This process, called ionization, creates charged particles (ions) and can disrupt the chemical structure of molecules, including DNA.
- Examples: X-rays, gamma rays, alpha particles, beta particles
- Effects: Can cause cell damage, tissue damage, and death in high doses. Can lead to mutations and increase the risk of cancer.

Non-ionizing Radiation:

- Doesn't have enough energy to remove electrons: Instead, it interacts with molecules by causing them to vibrate or rotate, increasing their energy level.
- Examples: Radio waves, microwaves, infrared radiation, visible light, ultraviolet (UV) radiation (with longer wavelengths)
- Effects: Can cause thermal heating (e.g., microwaves), skin burns (e.g., UV radiation), and eye damage (e.g., intense visible light). Generally considered less harmful than ionizing radiation, though excessive exposure can still have negative effects.

What's in ionizing radiation:

- Alpha particles and beta particles: These are most dangerous if ingested (they can seep into soil and porous things), but can be stopped in their tracks when traveling through the air by a sheet of paper (alpha) or a sheet of glass (beta). Beta particles - electrons, in this context - can penetrate partway into the human body; alpha particles cannot. Alpha particles are protons and neutrons; essentially a helium-4 nucleus with a net-positive charge - alpha particles contain no electrons.
    - If 1 COVID virus was the size of a football stadium, 1 beta particle would be less than half the size of the period at the end of this sentence.

- Gamma rays: This is where things get cosmic. Gamma rays are high-energy radiation that can penetrate our bodies completely. How? Because gamma rays exist simultaneously as both a wave and a particle due to the quantum mechanics of photons, and waves go right through us. This wave/particle duality is an area of high interest in bleeding-edge phenomenon-related studies.
- X-rays: A form of electromagnetic radiation with high enough energy to remove electrons from atoms and molecules, making them ionizing.

Ionizing radiation, the kind given off by uranium ore (as well as atomic bombs), has enough energy to remove tightly bound electrons from atoms or molecules, creating ions and causing damage to biological tissues as well as to DNA.

What's happening in this video:

This is uranium ore in a cloud chamber (sealed and filled with alcohol vapor), and we can see the paths of the particles coming from the radioactive decay.

Uranium is a radioactive element, thus it naturally decays into smaller isotopes over time (e.g. U-235 & U-238) and constantly emits radiation as it does (like a clock - tick tick tick, not like a hum). There are thousands of ticks per second and the intervals are completely random. Ultimately, ~9 billion years later, what remains is a hunk of lead about the same size; radioactive decay doesn't significantly alter mass, even after 9 billion years of constant emissions. But back to the cloud chamber -

As these particles burst through the vapor, they leave a trail behind, like a jet plane leaving a contrail in the sky. These trails are tiny droplets forming around the path of the radiation particles. This happens because the radiation "knocks" into the alcohol vapor, causing it to condense into droplets with each "tick", and thus appear as white streaks.

Lastly, the effect at the bottom of the cloud chamber that looks like running water is caused by a temperature gradient that makes up the base. Alcohol vapor condenses into liquid form when it touches the cool part of the base, which is in the center. The liquid alcohol then runs down to the hotter part of the base, nearest the edges, where it evaporates again.

About the Author

Out of the Shell

When I was in my early 20s, I received a proverbial ‘download’ about truth, morality, the human soul, and community. It happened in less than 1 second. That night, I spent 4.5 hours until 3 AM at a diner explaining it all to one of my best friends; her jaw spent much of the night on the table in front of her. We still joke about that night off and on to this day.

Since that night more than 20 years ago, I've been trying to figure out what to do with it all. I always had this nagging "write a book" but I couldn't piece anything together coherently. I had some notes, and the concepts were still in my head, but that was it. So, I've been a spiritually evolved person and a teacher ever since, right? Nope. *Not even close*. No one I talked to about it ever took it seriously, and I was pretty young, so I went on with my life, the memories faded over the decades.

I've had problematic long COVID off and on for a couple of years now. I was on disability for a while; got better, got COVID again, and now my symptoms are back. So, what to do? All I do is read. Now I watch Grusch, Elizondo, etc. interviews, too. When I realized that there was an overlap with my download, things started clicking. On a few occasions, concepts that were already in the guide – particularly about love, consciousness, meditation, and some philosophical concepts – were later discussed by people like Lue Elizondo, David Grusch, Tom DeLonge, and Richard Dolan, among others.

Keep an open mind here. I was skeptical about a lot of this stuff until recently. To say that my life has been strange since starting these writings would be understating things *quite* a bit. I tried every which way I could think of to get answers for my experience. I'll start with where I ended up, and I’ll add that yes, of course I remain open to the possibility that the explanation I was ultimately offered might not be what happened. I can’t empirically prove any of this, but it’s the truth.

- Per the Akashic Records by proxy (the same who described my UAP experience to me, shape, colors, and all, and couldn’t have possibly known or inferred) - One or several NHI time-shared my consciousness on August 2, 2023, to get me out of a dire predicament with some kind of non-human entity (it just looked like a regular dude to me), there was mention of AI being involved somehow, and related to something called "black goo" (never heard of it before that day) that would have effectively ended my life. The words I remember are "never would have been the same again" - I don't wanna know, either.
- It had been watching me, but I'm unclear on whether it was just that night or if this was something longer-term. I'm also unclear on the reason he/it was watching me. Was I targeted for talking recently about UAP? Or did they notice that I got downloads, maybe? Knew I was about to create this guide?
- My intention here is not to brag - I had three 6% beers over 4.5 hours, hanging out with a friend and some acquaintances. I'm not a heavy drinker, but I'm seasoned. I

was sober. I was unexpectedly 'wobbly', though - I couldn't get my gait right, like my step timing was off; at one point I even got irritated at my legs. I've been drunk enough times to know that this was something else.

- I have no idea what kind of high fuckery was going on this fine evening. My last two memories are a blip of handing over my card to pay the bill (but I don't recall signing the check), and a blip of seeing some guy I didn't recognize standing between me and the exit, asking me, "Hey, can I give you a ride?" That's it.
- I woke up bleeding six and a half hours later in my driveway with my car and my keys nowhere in sight (I only had my wallet, and I did find my phone). Otherwise, I was okay and more importantly, alive and unbroken. The responding officers to my "I think I got roofied" call told me I blew a 0.127, and them telling me that stands out more to me than it does to you, but not for the same reason. I was locked out since I got home. Where did I get any alcohol? I wasn't with anyone. Three beers blows about a 0.00 six and a half hours later. I used to brew all-grain beer, and I was pretty good at it - it takes calculations and timing and everything can go awry if you didn't keep your work sanitary; everything has to be clean. Either they lied about the reading, or I somehow managed to find a lot of beer (because I don't do liquor), while locked out of my house for at least the last 5 hours (but home - on my porch?) with my car and my phone nowhere in sight, and then passed out in my own driveway. (It was my first driveway - 0/10). I wasn't sure at first; I thought maybe I needed to figure out how and where I got drunk. 0.127, what the hell. Asked everyone it could have been - it wasn't anyone. It was just a lonesome, mystery of a night. I don't get it; I wouldn't drink like that on a weeknight (ever). No one I know even stays out that late – it was a Wednesday night. I don't "black out." This was my first. I ended up having to call off the next day.
- They sent me to the ER after they located my missing things in the parking lot. Never figured out why they weren't in my pockets. My car was left at the bar, locked and unmoved.
- Sitting across a table from me a few days afterward, the bar manager's assessment of my blackout was, "You were roofied." His exact words. Yet no video evidence from the bar was ever shown to me or its contents discussed with me, despite the manager telling me they always have them backed up off-site (restaurant bar), and the police telling me they were going to get it. I called and asked about it more than once. At this point, it's been more than 6 months. Nothing. So, I guess that's that.
- I found out later from hospital records that despite my telling 911, "I think I got roofied," nobody ever ran a toxicology report on me. What a perfect open and shut case: "Drunk; fell."
- On to the phone and my fitness tracker, here's the tally:
    - I paid my check at 8:57 PM to go home (bar confirmed).
    - There are weird messages I'd sent at around 10:30 PM, being kind of a dick, making no sense about "conservative conversations", and "the government has the good stuff" and spelling everything so terribly it's nearly illegible.
    - I don't take selfies, but there were two selfies of me sitting on my porch at that same night, taken at 9:30 PM, and… I don't do selfies. My expression was basically "meh."
    - Location history showed I was at the bar until 10:33 PM, and then rode or drove home. Wait, but..the selfie?

- My fitness tracker records sleep. That night is empty, as if I'd been up all night or hadn't worn it at all (I consistently put it on, but I can't definitively remember whether I had it on that evening).

Back to the Akashic Records. I told the (whoever) at one point that I knew they needed me to do something - it was clear - but I didn't know what. I ended the question with something along the lines of "I used to think I was supposed to write a book or something with all of this, but now I think it might be something else?"

The reply: ~"What on Earth makes you think you're not supposed to write this?"

That pretty much settled it. I'd already started writing, so now I had to figure out how to do it and where to put it. I never wanted to publish or sell anything. I just wanted to do the right thing, so here I am. The last things they told me was that this was only about me (I was concerned about my family's safety) and they advised me to "stay out of rabbit holes", so I focused on the disclosure team and who can be trusted rather than trying to prove or disprove various conspiracy theories or individual claims. It was good advice.

The accuracy of what I learned from the Akashic records is probably up in the air for most people due to the sheer surreality of the explanation, but it's/they've been right about everything else. There are some things I don't include in the guide at all because I'm not sure I've interpreted correctly. Some of it's pretty dark. From time to time, events happen in my life, or conversations that clue in on a past resonance, and everything clicks.

Since this guide's initial draft publication in late 2023, ongoing disclosure efforts have recurringly corroborated central claims presented in this guide. That said, I still encourage everyone to research and fact check. Let me know if you see anything that looks off to you. If you ever do see what you perceive as a misstatement or downright error, you and I both owe it to the community to talk about it – PM or Post, up to you. I don't mind being corrected in the interest of higher accuracy, especially considering the overarching stakes here, and I already know everyone reading this agrees, so let's agree now. Good. Done.

I don't recall for certain if I've always referred to my downloads as downloads, or if that's a more recent word I've attached to it. Never talked about it much. Never knew what to do with it; I tried a few things that didn't pan out. Sometime after the U.S. Navy confirmed the leaked UAP videos in March 2018, things in my head started pushing their way to the front, but I'm pretty sure I spent most of my time ignoring them.

I had some dark years – 2016ish through 2021ish was speckled with anger, anxiety, and depression at varying degrees. Lots of arguments with loved ones, yelling, shared faults, and a lot of stress. I worked through it, and in hindsight it was just another mile marker that led me through an evolution of self, and I was ultimately grateful for it. On the other side of that dark period, I started meditating and researching more. Concepts around non-local consciousness and psi-related materials I was reading matched up with things from as far back as 20 years ago, and some of it was so loud I had to stop and take a break.

While I was digging into consciousness and psi related studies, I saw Sean Webb an interview with Shawn Ryan (episode #62) in mid-2023 wherein he talked about NHI downloads. In Sean's case, he presented his download as more of a conversation; in mine, they were sudden [silent] knowings – gnosis without warning, or seeds that sprouted later. I'd never seen the notion of "downloads" discussed in such a matter-of-fact manner out in the open like that, confirmation to me at the time that I'm not crazy and what happened 20 years ago was a real "something." I'm pretty sure my "HOLY F###!" woke the neighbors.

When I started writing local drafts in Q4 2023, revelations, especially those from the Akashic records, were all still fresh. Altogether, it initially felt harrowing and left me more angry than fearful, but still both. I was already angry with the way people were always *defaulting* to treating one another nowadays (like shit). I'd realized, quite suddenly and at a high level, what was going on re: parasitic and malevolent NHI, and how it tied in with the download from 20 years ago. I had asked a lot of questions while in the records, and I was informed that many of my suspicions were correct, which, given the context of some of those suspicions, was extremely jarring. All that emotional energy poured into the early versions.

I posted sections of the guide before they were ready and probably long before I should have, leaning hard in the direction of, "Now is more important than well-written", and planned to refine them over time. People who've been here from the start remember them as being a mixed bag of love and hope, with a dollop of arrogance and anger. Hindsight being 20/20, I still wouldn't change a thing; I think everything happened exactly as it was supposed to happen, and I learned some invaluable lessons along the way. I certainly made no shortage of missteps.

By late December 2023 / early January, a few folks had started asking for, or outright demanding, proof of the things I was claiming – some in earnest, and some were, at best, sealioning – and of course, I could provide none. I could only say that I knew what I was saying was true. I should have foreseen how that was bound to work out, but I wasn't willing to talk about all my experiences at that point and hadn't considered doing that at all.

While I was trying to navigate some of the angst I was getting, I made some mistakes trying to explain why I can't offer proof. Part of my common defense was, "No one's out here demanding proof from people like David Grusch," and it was my own fault that some people thought I was claiming to be an insider "like David Grusch." So, I created the top portion of this "About the Author" section and explained all my experiences, but I kept getting attacked, but now over the download and experiences.

Being accused of being both insane and a liar when you're telling the truth is frustrating as hell. It was like a wrath and vitriol machine got set loose. Several of those people said some pretty horrible things to and about me. This went on and escalated into outright slander, and harassment, and caused my family and me more stress than I can articulate.

I came out of the other side of that ~month-long ordeal forever changed. Between long COVID and all the hate I'd received back in the first couple weeks of 2024, I can only describe myself back then as a gutted mess. More than once, I almost gave up and quit this whole thing, but unmistakable synchronicities and fervent support from people who

knew I was telling the truth about why this topic is so important kept me going. I'm eternally grateful for all the kind words. You know who you are – I owe my continued presence here to each of you.

Over months of introspection and self-discovery, I processed and released a small mountain's worth of negative energy. Insights from teachers (like Eckhart Tolle, Alan Watts, and Shi Heng Yi), from experts who've spoken out about hidden truths (like David Grusch, Sean Cahill, Jim Semivan, Tom DeLonge, and Lue Elizondo), and from interviewers who delve into these topics (like Kelly Chase, Jeffrey Mishlove, and Curt Jaimungal) helped me to fill in the intellectual and spiritual map. I chilled out, fortified my resolve, humbled myself, and grew spiritually, and as I did, so did the guide. I've accepted that the doubters had every reason to doubt, and I've forgiven the trolls. I still have a long way to go but my internal progress so far, at least, is palpable.

"Forgive the past. It is over. Learn from it and let go. People are constantly changing and growing. Do not cling to a limited, disconnected, negative image of a person in the past. See that person now. Your relationship is always alive and changing." – Brian Weiss

It's now mid-June 2024. This year has been an extraordinary chain of synchronicities, and they occur so often nowadays that there are starting to be dumbfounded witnesses. These shared experiences have forged deep connections with several people, many of whom I now consider my closest friends. While I'm still grappling with the full meaning of these events, I'm also increasingly hearing similar tales from others about their own lives. This collective resonance has reinforced my conviction that creating this guide and connecting with people is precisely what I'm meant to be doing.

One moment at a time, right? I'm earnestly working through my shadows, and while my journey is far from over, it's been profoundly rewarding and enlightening. Though journeys taken alone can be fulfilling, I'm deeply grateful you came along for this one.

"Returning hate for hate multiplies hate, adding deeper darkness to a night already devoid of stars. Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate, only love can do that." – Martin Luther King Jr.

Inspirations

- Robert Monroe and Itzhak Bentov are mentioned quite a few times throughout this guide, and for reasons best learned as you go. For now, I've included a quote from each of them in the next subsection.
- Immanuel Kant, David Hume, Plato, Socrates, and Carl Jung (psychology) are the philosophers I tend to gravitate toward most often. For poetry, T.S. Eliot and Rumi.
- Jesus and Buddha are my most revered teachers; Jesus, my whole life, and Buddhism resonated with me more recently. I try and fail to live like them, and often want to but fail to even try. Daily, I try to be a better version of myself than I was yesterday.
    - Here's some recommended spiritual and philosophical literature:
        - Tao Te Ching *('Dao De Jing' in Pinyin)* [Taoism]
        - Books VI and VII of The Republic *(especially the Allegory of the Cave)*, by Plato [Platonism]
        - The Upanishads *(see esp. those marked with * asterisks)*
        - The Gospel of Thomas (quotes of Yeshua (Jesus)) [Gnosticism]
        - Meditations, by Marcus Aurelius [Stoicism]
        - The Law of One [channeling: cosmic unity and spiritual evolution]
        - Hermetica: Corpus Hermeticum; Ascelpius; Stobæus, attributed to Hermes Trismegistus, a.k.a. Thoth [Hermeticism]
        - The Power of Now *(A)*, by Eckhart Tolle [mindfulness]
        - The Untethered Soul *(A)*, by Michael Singer [inner freedom, self-awareness]
        - The Yamas and Niyamas *(A)*, by Deborah Adele [Hinduism]
        - The Heart of the Buddha's Teaching *(A)*, by Thich Nhat Hanh [Buddhism]

Beloved Excerpts

“To satisfy the survival drive, we eat. We often eat compulsively because it is one way to respond to the prime command when threatened with something other than starvation. We translate the command into the accumulation and defense of material possessions. The drive to reproduce answers the command in another manner. Any danger to the ego calls forth the automatic mechanisms of defense or denial. The familiar fight-or-flee is the physical reaction to the survival imprint. Survival as the prime command means avoidance of death by whatever method available.

“The contradiction is that the principal idealistic notions of man, the noble virtues, the great acts, all have as their base the denial and/or rejection of this prime command. The man who gives to another his bread, who provides for his family at the cost of early death, who gives of himself to community and country without direct benefit, who deliberately endangers and possibly sacrifices his life for others, has done the Right Thing.”

- Robert Monroe. (1971). Journeys Out of the Body.

“The problem is that we are too used to thinking in terms of things being absolutely positive or negative, forgetting that what is over there is positive to itself, and what is here is negative to it. Positive and negative are as relative as here and there, and even the Absolute is relative in this sense. The Manifest Creation is where you stand; the Absolute is where you don’t stand. To illustrate, suppose you die and according to your level of consciousness find yourself in Nirvana. Then Nirvana becomes your reality, your Manifest Creation, and the physical reality, which you have left behind, becomes your potential. The individualized consciousness is a part of the reality in which it finds itself.

“There is nothing absolute and final. If everything were ironclad, all the rules absolute and everything structured so no paradox or irony existed, you couldn’t move. One could say that man sneaks through the crack where paradox exists.”

- Itzhak Bentov. (1982). A Brief Tour of Higher Consciousness: A Cosmic Book On the Mechanics of Creation.

Promises

1. I will always tell the truth. Everything in the guide, and in my posts & replies, are true and correct to the best of my knowledge & ability. That said, I welcome any suggestions for edits, clarifications, or corrections. If I have made a mistake or there is a clarity issue, I want to fix it. Lastly, if I am ever found to be mistaken and must make a correction of any kind, I will *immediately* post an alert to the sub explaining what was wrong, and why it needed to be corrected. [crowdsourced correction log]
2. I pledge to never engage in selling products or services here of any kind. My assistance and contributions are offered entirely free of charge for the benefit of individuals like yourself and those close to you.
3. I am not affiliated with any books, products, or services that I may recommend (no kickbacks and no commissions, either). Links that do exist in the sub or guide are recommendations based solely on disclosure efforts and what has helped me during my own spiritual journey. I am not here to make money; I don't even like money. If it happens on its own, I pledge to donate at least 50% to Hope Inspire Love, charity & trafficking victim safe houses.
4. I will never accept a bribe or anything of the sort.

"If you always tell the truth, you don't have to remember anything." – Mark Twain

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Future Changes

None. The core oaths above are unwavering and permanent.

Testimonials

Below are copied and pasted from PMs sent to me when I began publishing the draft.

Usernames and identifying details are excluded in the interest of privacy; they are otherwise unedited.

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29 Jan 2024

Damn dude that blew my mind

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23 Jan 2024

Thank you for your continued work. You have complied the best encyclopedia for this phenomenon and not exaggerating it has flipped my worldview and therefore has made change in my life. Thank you for that.

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15 Jan 2024

Just wanted to say thanks. Just recently came across this sub and it, to me, seems to be full of gold and often right on point with my feelings about all of this. Keep it up guys! Thanks again

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15 Jan 2024

Just had to say I appreciate everything you have shared. It is appreciated by me and enlightening to me. I hope you are well and safe. I want to thank you for sharing information and putting up with the attacks. Nothing further. Just thank you. Thank you. Thank you.

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15 Jan 2024

Thanks for the insightful reply and for all your hard work. Lots to unwrap/deprogram, but as I mentioned earlier, many of us are extremely thankful for your work.

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8 Jan 2024

I want to say I really appreciate the time and effort you've put into telling your story and all the details of the phenomenon while also creating a new subreddit for actually dealing with and discussing this information seriously.

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6 Jan 2024

You have no idea how much I (and I assume many others) appreciate what you do.

---

6 Jan 2024

Brother I am reading through the wiki and the posts on your subreddit.

I just want to say thank you. Bless you. I am sending you all my love. I hope you are alright.

Everything will be alright. We've already won.

Bless you.

---

2 Jan 2024

Hey I love the work your doing

It's super cool to see someone driving things forward for once

---

2 Jan 2024

Thanks for re-uploading your post. Sorry you received so much hate that it made you delete it. As some one who has extensive experience with Gateway, I believe you!

---

2 Jan 2024

I just wanted to drop in and tell you that you’re not alone in all of that knowing you’ve been given. Everything you wrote fully encompasses the entire disclosure process minus some additional spirituality stuff that people in the ufo community just aren’t totally ready for. I received downloads the first 6 months after my spiritual awakening and it all led me back to the phenomenon because it’s all connected. So first I’d like to thank you for taking the

time to put this together in such a well organized document, it takes a lot of effort to make it all as clear as you have.

---

2 Jan 2024

Hey,

I’m like you. It’s been 13 years for me, not 20. I’ve had multiple contacts and also know the truth. Grusch coming forward also did something to me but I have been unsure of how to even speak my truth because of public shame and ridicule. I seriously doubt that people are ready for the truth.

---

2 Jan 2024

Hey just wanted to say I really appreciated your post and enjoyed it very much. I’m a believer in disclosure and your post really resonated with me. Ignore all the hate and fear mongers. Keep up the good work and I look forward to seeing more posts from you.

---

1 Jan 2024

Thank you 🙏 subbed immediately aaaand lo and behold, the first post I see features the Mage event. 😂... I laugh because for 2 years now, I've touted the Mage event as the best evidence out there for the laymen to (some of) the phenomenon.

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1 Jan 2024

Hey man, I'm sure your inbox is being flooded right now. Welcome to your newfound fame, and I truly hope you're able to find some time for yourself and your family during the holiday season.

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1 Jan 2024

Hey man, I'm sure your inbox is being flooded right now. Welcome to your newfound fame, and I truly hope you're able to find some time for yourself and your family during the holiday season.

I'd like to thank you for the posts you've made. I've been back and forth on this topic for a long time but I've been deep diving since the July congressional hearings. I've been coming

to a lot of crazy conclusions about the topic and I've been doing my best to start introducing my friends and loved ones to the topic as well. I think the more they're able to get used to the idea and come to their own conclusions before this all blows up, the better.

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30 Dec 2023

Hey man first of all THANK YOU for posting all that information. I was wondering cant you post that on your profile. There will be no more mods there to delete your posts. Also if you cant do that atleast can you post your posts here in my DMs. I didnt get to read your posts. But everybody is saying they were so profound. I am reading one imgir screenshot bit thats all. Once again a very much THANK YOU.

---

29 Dec 2023

Hey man. I read ur stuff on NHI's It was an amazing post. I hope you make more posts in the future.

---

29 Dec 2023

Hey bro thanks for your posts. Sorry you have to deal with all the backlash.

---

29 Dec 2023

Hello, I was fortunate to read your post as an imajur (I think that's what it's called). Thank you. I appreciate what you shared and it helped anchor my personal observations about the world I am in currently. I truly just wanted to say thank you. You have in my mind been the most helpful to me with what you shared. Again thank you and may all your footsteps in your journey through life be on peace and happiness.

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29 Dec 2023

Just read your head start post. It's crazy how spot on you hit everything. Although it was somewhat of a long post, I'm impressed how many subjects you were able to touch and articulate in it. The most important part was the end.

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29 Dec 2023

hi! idk if sending this is weird cause I really just lurk, but I ran into your big NHI post and was like, that name sounds familiar... Then I realized I think I've seen you before on the gateway subreddit! I normally do not reach out to folks about stuff like this but if you're someone who appreciates Monroe, I get a good feeling! anyway ... I resonated with a lot (lot lot LOT) of your post and was wondering if you would be opposed to talking more about it, since a lot of those things have to do with my experiences using the tapes. if not, I totally get it - the internet is annoying and people can be overwhelming. But if you aren't opposed, I'd like to talk. :)

Thanks! Have a good night.

---

29 Dec 2023

Just wanted to send a thank you for the avalanche of info we'll be getting in the near future, this is alot to take in as fact instead of a perhaps,

I just think old folk will have it the hardest, poor granny of mine . Anyways, thanks have a good one

---

29 Dec 2023

You’re a hero.

---

29 Dec 2023

hi i read your others post. very interesting and a lot of ideas which I've come to the same conclusion. also glad you threw in some Bob Munroe, been listening to them causally for a few years

---

29 Dec 2023

From your disclosure head start post, the way you described time changed something in my brain and I had a moment of clarity that felt very unique. I appreciate your post I feel that it reminded me of a great deal I had forgotten and triggered some very interesting thoughts and ideas. Thank you.

---

29 Dec 2023

Hey man. I read ur stuff on NHI's

It was an amazing post.

I hope you make more posts in the future.

---

29 Dec 2023

I appreciated your disclosure post a lot of what you stated I felt I knew thank you for posting it

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29 Dec 2023

Thank you for your work sir, safe travels

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29 Dec 2023

Hey man, Welcome to the shitshow that is Reddit. Sorry you've had this kind of experience. I swear the UFO community on here is the worst, it's very tough to converse about anything without it devolving into some sort of nonsense argument or whatever. I initially planned on writing some long-form stuff on the phenomenon, gateway process, and ties to supernormal abilities and it's esoteric roots but it's so frustrating to deal with that I largely stopped trying to engage that way. I comment links and quotes if someone is clearly interested and cares about research, but that's about it. Anyways, I agree with a lot of the stuff you posted, specifically about eastern practices. I think you're the only one I've seen mention Patanjali anywhere around this subject. Anyways, just wanted to say sorry this place is full of assholes

---

29 Dec 2023

You've posted a lot of incredibly interesting info. I appreciate it, and just want to say thank you, and wish you the best.

---

29 Dec 2023

Hey, you should definitely repost your post from yesterday. About getting a head start. As a nurse and big proponent of mindfulness in both my personal life but also the therapeutic process, I think it's important to shift the Overton Window of this narrative.

You’re doing good work. Keep it up and don’t let the bastards grind ya down

---

29 Dec 2023

Your posts really struck me. They clicked for me. Thank you for compiling all of that for us in a digestible way, I appreciate you

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29 Dec 2023

Hey man!

Thank you for sharing your posts.

Loved reading through them.

Would love to go through them again, if you feel like sharing.

Grateful for your sense of responsibility. Much love <3

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29 Dec 2023

Hey man, I just wanted to share my support with you. Thanks for taking the time to share all this. I'm hoping that things are alright on your end and that you'll be back again soon to shed more light. I hope you'll have a happy new year bro, sincerely.

---

28 Dec 2023

EX NASA here, your post hit very close to home.

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28 Dec 2023

Hello, I read your first post on high strangeness and have been going through all your replies on the deleted posts. Thank you for posting all this, and I agree with what you say.

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28 Dec 2023

I read your posts yesterday and found them so amazing and enlightening It's the best explanation I have ever read

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28 Dec 2023

Hey dude, really appreciated your posts. The community is really sketched out about all your posts being taken down. They are all desperately searching for them. Any chance you saved them and can repost?

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28 Dec 2023

Thank you. It was never going to be easy.

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27 Dec 2023

Keep fighting the good fight

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27 Dec 2023

Thanks for your posts. I feel like I learned so much already and haven’t even been able to check out all of your links. For a newbie in this area that is just very interested and personally curious…. If you have a recommendation of other people to follow or pay attention to or books to check out, I would greatly appreciate it. Ignore the haters. They have too much time on their hands and probably didn’t thoroughly read your posts.

---

27 Dec 2023

Hello

Just wanted to say thank you for your posts really enjoyed the information from them. A lot of experiencers including myself are having these conversations. Just take some time and take a break from Reddit and the bots and trolls. Hope your holidays were good, many blessings!

---

27 Dec 2023

I have read your posts and something you wrote struck a chord with me based on my understanding of my experiences with what people these days call the Phenomena. My experiences have involved craft, in person contact with NHI, and contact through other means, over my entire life spanning over 4 decades. All of that contact has, in its own way, centered on a universal message.

I am curious what you know about the power of the collective consciousness of humanity.

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27 Dec 2023

Thanks for helping “raise” the vibration. It’s been a tough month and you’re definitely helping make things better. Stay strong friend. I’m with you.

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27 Dec 2023

Hey man—stumbled across your posts a few days ago and have since reread each—I can’t really tell you how important and timely they are. The past year I became more and more interested in the UAP topic but the more I read, the darker the subject seems to have gotten , to the point that I’d become haunted by a constant sense of foreboding dread and doom. Then I came upon your posts and it’s as though someone burst into the room flinging open the curtains, revealing a bright and glorious day just outside rather than the rumors of storms and destruction I’d allowed myself to believe and imagine. So thank you for that. It has had a profound impact on my state of mind and restored some optimism for the future, which I haven’t felt in I don’t know how long.

---

26 Dec 2023

Haters gonna hate. Keep on keeping on.

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26 Dec 2023

Lurker here. Your posts have been very thorough and helpful consolidating so so much info this week. Take a rest, recharge and do some living, that's what we're here for right? Cultivate some love with family and come back when you're centered. I've been digging through the deep end of the woo and Theosophy lately, and when I see how close things got in the late 1800's, I'm a bit floored by the recurring themes. I'm seeing a pattern of love and intentional thoughts being important, and taking time away from the esoteric and war of galactic proportions aspect has been helpful. I hope you get some good outreach, because what you're doing is important, so please take a breather, take care of yourself,

and come back. I'd love to get the fullest known truth in bullet points that I can dig through in the coming weeks...but not at the expense of your health and well-being.

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25 Dec 2023

Thank you very much for answering my questions in the public thread.

I feel the truth of your post. It resonates deeply with me and in many ways affirmed inner knowledge.

Change Log

Recent updates:

Version	Date	Changes
1.49	23 Jun 2024	• Changed Project Maven, JWCC, and the Replicator System to a table. • Added Archives of the Unexplained to Phenomenon Reporting. • Updated Verified UAP Videos. • Updated Phenomenon Reporting subsection in resources. • Added several disclosure books to the Library. • Updated the Creation Stories section. • Updated the Consciousness II intro. • Updated the Unidentified Anomalous Phenomena subsection. • Added an introduction to astral projection in Consciousness III. • Updated the page 1 intro to be more encompassing of the guide. • Cleanup and clarifications in Foundations and elsewhere.
1.48	11 Jun 2024	• Added five modern psi/mind training books from Sean McNamara to the Psi Phenomena library subsection. • Added several UAP Disclosure books to the library from disclosure folks and investigative journalists who work with them. • Updated Meditation section and updated the Meditation Practice, Intention vs. Monkey Mind, and Shadow Work subsections; added "try it" links to each of the meditation and yoga methodologies and breathwork methods. • Added a Disclosure Newswire subsection Project Maven, JWCC, and the Replicator System. • Added a Video Repository subsection Verified UAP Videos. • Added a plasma UAP; pre-life paper, and Hal Puthoff's & Eric W. Davis's EarthTek publications. • Added the holographic principle and multidimensionality to Foundations. • Added ancient Africa and ancient India to the Ancient Civilizations & Deities section. • Added The National UFO Reporting Center Online Database and MUFON's Historical Printed Materials DB from Project Aquarius to the Resources section. • Heavy cyclical updates and clarifications throughout the guide; trimmed some extraneous and outdated content.
1.47	3 Jun 2024	• Copied our crowdsourced REBAL post into the guide. • Added the newly announced UAP Disclosure Fund to Resources. • Reverted four Library books from Amazon links to free PDFs: Itzhak Bentov's Stalking the Wild Pendulum, and Robert Monroe's astral projection and consciousness studies trilogy: Journeys Out of the Body, Far Journeys, and Ultimate Journey. • Added UAP Expeditions (Kevin Day, Kevin Knuth, et al) to Resources. • Added a new academic paper on the cryptoterrestrial hypothesis to the Disclosure Newswire. Authors: Tim Lomas, Brendan Case, & Michael M. Masters. • Added Scientific Coalition of UAP Studies and Solve Advocacy to the Resources section.
1.00	Dec 2023	• First published draft.

Secure your passwords. Go green.

TIME IT TAKES A HACKER TO BRUTE FORCE YOUR PASSWORD IN 2023

Number of Characters	Numbers Only	Lowercase Letters	Upper and Lowercase Letters	Numbers, Upper and Lowercase Letters	Numbers, Upper and Lowercase Letters, and Symbols
4	Instantly	Instantly	Instantly	Instantly	Instantly
5	Instantly	Instantly	Instantly	Instantly	Instantly
6	Instantly	Instantly	Instantly	Instantly	Instantly
7	Instantly	Instantly	1 sec	2 secs	4 secs
8	Instantly	Instantly	28 secs	2 mins	5 mins
9	Instantly	3 secs	24 mins	2 hours	6 hours
10	Instantly	1 min	21 hours	5 days	2 weeks
11	Instantly	32 mins	1 month	10 months	3 years
12	1 sec	14 hours	6 years	53 years	226 years
13	5 secs	2 weeks	332 years	3k years	15k years
14	52 secs	1 year	17k years	202k years	1m years
15	9 mins	27 years	898k years	12m years	77m years
16	1 hour	713 years	46m years	779m years	5bn years
17	14 hours	18k years	2bn years	48bn years	380bn years
18	6 days	481k years	126bn years	2tn years	26tn years